

CAREER ISSUE

CREATE THE LIFE YOU WANT

Women's health & fitness

Your Best

Australia

AUGUST 2015
AUST \$7.50 INC GST
N.Z. \$9.80 INC GST



**FITTER,
SMARTER,
STRONGER**

**COVER
MODEL
WORKOUT**

**16-minute
fat blast**

**MORE
REST DAYS,
BETTER
RESULTS**

HOW TO
KNOW WHEN
TO SKIP GYM

**9 INSTANT
WAYS
TO BEAT
STRESS**
(YEP, AS IN NOW)

SPECIAL

**NUTRITION
AND FITNESS
COURSE
GUIDE**

**APPETITE
v HUNGER
TRICKS &
TREATS TO
FEEL FULL**

**ARE YOU
USING
ALL OF
YOUR
BRAIN?**
DIY GREY
MATTER
UPGRADES

**FOOD
FOR FOCUS**
FIND YOUR
ZONE





Get More WH&F in 3 easy steps

1

Download the free
In-Site app

2

Open the app and
select the magazine
channel

3

Scan the page
featuring
the In-Site logo and
enjoy your content

FOR MORE INFORMATION:

www.insiteapp.com.au

Download Your Free App Now



YOUR GOAL THIS MONTH IS CONSISTENCY.

- Create your own secret plan of attack, ready to maintain momentum over the winter months. Aim to tick off 10 express workout sessions.
- 4 stretch-yoga sessions
- 4 x 40 to 60-minute quality cardio sessions
- 2 family-friends fun sessions
- 4 rest sessions.

Remember, you don't need fancy equipment: you can do a lot with resistance bands, a chair and a sturdy beam to serve as a bar for your pull-ups!

EXERCISE
TARGET MUSCLES
HOW-TO

PULL UP/CHIN UP

Work your back, biceps, forearms. They are THE indication of overall fitness. Anybody who can do a pull-up is in pretty good shape...I'm still working on building mine up and the journey is fun!

NOTE: You can do the pull-up exercises at the gym or use suspension bands over a beam or strong rail as well – using resistance bands for assisted pull-ups is a fantastic way to build your strength and your technique. This is an extremely empowering exercise and can get fast results if you persevere.



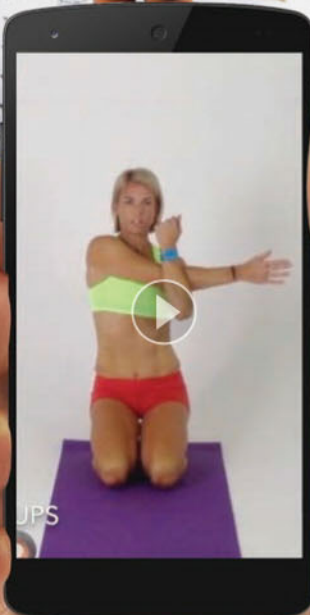
CHEST PRESS

The standing chest press strengthens the chest muscles, the pectoralis major and minor, as well as the front fibres of the deltoid shoulder muscle.

- Attach the centre of the band to a stationary object and hold one end in each hand.
- Stand with your back to the attachment, elbows bent and shoulders abducted to 90 degrees (upper arm level with shoulder) so that your hands are next to your chest.
- Push forwards and straighten your arms out in front of you.
- Slowly return to the starting position.

The best way to get better at pull-ups is to do pull-ups. Here is how with our bands: assisted with resistance bands – add these steps. Loop a band over the pull-up bar. Place a foot or knee in the band. Complete pull-ups as normal. Step down carefully and release yourself from the bar. Step one foot out first to avoid snap backs.

- **Doing a pull-up:** Tighten your butt and your abs throughout the entire exercise – try not to swing, so slow down the movement. Keep your shoulder blades pinched together and focus on PULLING the bar down with your arms.
- Use the least amount of assistance that you can handle. If you're using an exercise band, try to get a few bands of varying tension so you can decrease the resistance as you get stronger. Soon as you can do three of eight with assistance, move on up and either use the resistance bands or try unassisted. As better you can try one unassisted then go to the next level. It's a great way to master the pull-up, you can do more reps and use heavier bands such as wide and weighted.



BRINGING YOUR MAGAZINE TO LIFE

In-Site is a product of



BLITZ PUBLICATIONS
& MULTI-MEDIA GROUP PTY. LTD.

August 2015



CAREERS SPECIAL

38 Armour drama
Learn to love (or at least live with) the toxic personalities in your workplace.

44 Desk and disorder
Tips on staving off 'sitting disease' and doing desk-illates.

92 Health, fitness, beauty upskill bible
Map out your health and fitness future!

106 AI desk snack manifesto
A 101 for conscious snackers.

108 Spot production
Find out how to make a happy sandwich.

92

Health, fitness, beauty upskill bible.

YOUR BEST >> LOVE IT

12 The Pulse

Exercise, food, sex & love, beauty, wellbeing, life...*your best* breakthroughs

32 Release force

Got your knickers in a knot? De-stress like a pro.

48 IQ boost

Ditch the thinking cap, we've got a better idea...

52 Fully charged

The lowdown on pick-me-ups and when you should use them.

YOUR BEST >> FLAUNT IT

58 White noise

Perfect your pearly-whites with our rundown on dental procedures.

YOUR BEST >> MOVE IT

62 Bare minimum

Thinking of ditching the spin class for the snooze button? Find out what you can get away with.

68 Tone zone

Work out like a supermodel.

72 Supplement showdown

Your guide to ergogenic aids, sans the pop science.

76 16-minute fat blast

Slash your fitness time commitment with this high-intensity workout.

80 Fit food

The carrot cake of our fitness foodie dreams.

84 Winter yoga

Asanas to warm the body and soul.

YOUR BEST >> ROAMING

88 Wanderlust learning

Who said study had to be stressful? Get qualified on your holidays.

YOUR BEST >> FUEL IT

102 Full proof

Foods that'll fill a hole, and keep it full.

112 Cafe vs tearoom

We let the nutritional profiles of our favourite beverages fight it out.



32

Release force



44

IQ boost



62
Bare minimum



84
Warm up with yoga

116 Process driven
The not-so-nice reality of food labels.

120 Slow-mo meals
Connect with your food.

124 Steep incline
Adding tea to everything? Sounds like a recipe for ahhh....

REGULARS

82 Raw Fitspo (inspire yourself)

126 BodyBlitz Winner

130 Backpage Hero



54

Process
Driven

This Issue's DIGITAL CONTENT



VIDEO CLIPS

- 49** Exercises to upgrade your brain
- 62** How much you really need to work out
- 70** Lose fat, not muscle

HOW TO USE In-Site

- 1** Download FREE App
- 2** Open In-Site App and select magazine channel
- 3** Scan over page to access rich content



49



62



70

Weight training

Download
your
free
App now

www.insiteapp.com.au





I always laugh when people ask whether my job's like *The Devil Wears Prada* – not because my favourite jacket was \$7.99 at Savers (true story), but because I find it amusing how people superimpose such fantastical stories on ordinary circumstances they perceive as being different to their own. For every day spent shooting fitness features are 60 of spilling ginger tea on my desk and wishing termites would eat the fibre optic network to slow the influx of emails. When I recently fielded the Prada question for the squizumpteenth time, I was caused to question the notion of 'the dream job' and the cultural symbol of the career ladder (try explaining that to a hill tribe). I do feel fortunate to spend my nine-to-whenever doing something I find meaningful and creatively satisfying, but the path has hardly been linear. In fact, I often marvel at how speaking the intention to edit a magazine at the wide-eyed age of 22 culminated six years later, especially since I spent so much of the intervening period feeling utterly lost. There was the hope that the PR post-grad I did after hours while writing about chairs I couldn't afford would bring some sort of career peace. There was triumph and ensuing disappointment when working in fashion failed to tick the fulfilment box. There was the terror that work might forever feel like swimming against the tide. Forty years is a long time to watch the clock. Then, at 28, there was the bold abandonment of everything I'd worked for to forge a career in health and fitness. Here's the weird bit. The day I let go of what I'd thought I should want to do, this job arrived as if from nowhere. Ta-daa. It reminded me of a snippet from the Shankaracharya. 'If you begin to be what you are, you will realise everything, but to begin to be what you are, you must come out of what you are not. You are not those thoughts which are turning, turning in your mind; you are not the different decisions you make and the different wills you have.' Likewise that ladder is merely a mental note. No matter how many years you spent studying something sensible or how successful you are on paper, it's not too late to let it go (you've heard 'do what you love and the money will follow', right?). In putting together the career issue and health and fitness course guide, I was inspired by how many ways there are to align passion and pay cheque. There is, of course, a caveat – that even the best-fitting job can only qualify as dreamlike within a framework of work-life balance, so we've filled the rest of the issue with co-curricular highlights like Melissa Le Man's 16-minute fat blast workout, Sammy Veall's winter warm-up yoga sequence, Rita Catolino's scrummy protein treats, and proven ways to beat stress, no matter how busy you are.

Wishing you an inspired month,

Rebecca

Rebecca Long // Editor



Get the **Women's Health & Fitness Magazine** app for your device!

Now available on:



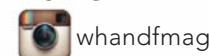
FOLLOW US ON TWITTER



FIND US ON FACEBOOK



FOLLOW US ON INSTAGRAM



Thursday 27 August -
Sunday 30 August 2015
Byron Bay

Thursday 19 November -
Sunday 22 November 2015
Byron Bay

Australia's premier women's health retreat offering a food-is-medicine and holistic wellness approach to nourishment and to educating for the prevention of digestive health challenges.

www.forliferetreats.com.au

Retreat packages start from \$2450 and are all inclusive!



KOSMEA®
AUSTRALIA

effortless
timeless
beauty

Kosmea Moisturising Lotion SPF 30 is a natural, broad spectrum, zinc oxide sunscreen which helps protect you from harmful UVA and UVB rays.

This light, non-greasy moisturising lotion has a fresh fragrance made up of

Rose Geranium, Frankincense, Orange, and Lavender oils.

For more information please call **1300 130 320**

Available in David Jones, pharmacies and health food stores.

skincare as nature intended®

www.kosmea.com



EXPERIENCE *Women's Health & Fitness* LIKE NEVER BEFORE



The best advice and breaking news in health, wellbeing, weight loss, fitness, beauty and style, sex and relationships, and personal development — direct to your handbag!

The Women's Health & Fitness digital magazine is now available on



Get the FREE app by searching for **WHF mag**

Amazon, Kindle, Fire, and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

Android is a trademark of Google Inc.

Apple, iPad, iPhone, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

Women's
health&fitness
Australia

EDITORIAL

EDITOR Rebecca Long
rebecca@blitzmag.com.au

EDITORIAL ASSISTANT Madeline Lakos, Molly Morelli

ASSOCIATE BEAUTY EDITOR Joanna Barry

MANAGING EDITOR Ben Stone

CONTRIBUTING WRITERS

David Goding, Evelyn Lewin, Stephanie Osfield, Jenny Curran, Casse Healy, Harriet Edmund, Sammy Veall

ART

ART DIRECTOR Javie D'Souza

GRAPHIC DESIGNERS

Adibowo Rusli, Lysha Moniz, Diep Nguyen, Adam Summers, James Steer, Zeenia Bhikha, Jonathan Rudolph

DIGITAL & ONLINE

HEAD OF DIGITAL STRATEGY Alison Adey

SENIOR WEB DEVELOPER David Ding

APP MANAGER/MARKETING Karl Nemsow

WEB DESIGNER Amanda Oliver

VIDEO EDITOR Justin Oleyar

ONLINE CONTENT PRODUCER Zach Broadhurst

PHOTOGRAPHERS

COVER IMAGE

Model: Melissa Le Man

Photographer: Noel Daganta

ADVERTISING SALES

GROUP MANAGER – NATIONAL ADVERTISING Keith Rozario

SALES COORDINATOR Elizabeth Forrester

NATIONAL ADVERTISING MANAGER Shaaron Martin

shaaron@blitzmag.com.au

MARKETING

MARKETING & EVENTS MANAGER Linda Higgins

linda@blitzmag.com.au



BLITZ PUBLICATIONS
& MULTI-MEDIA GROUP PTY. LTD.

CHIEF EXECUTIVE OFFICER Silvio Morelli

GENERAL MANAGER Natalina Burley

CHIEF FINANCIAL OFFICER Stefanie Morelli

ADMINISTRATION & CUSTOMER SERVICE

FINANCE Min You

SUBSCRIPTIONS MANAGER Angelina Modica

CUSTOMER SERVICE Frances Ricchetti, Robyn Newman

Email: customerservice@blitzmag.com.au

Phone: (03) 9574 8999 Fax: (03) 9574 8899

PO Box 4075, Mulgrave, 3170

Web: www.womenshealthandfitness.com.au

Articles published in this issue of *Women's Health & Fitness Magazine*

are Copyrighted © 2015 and are published by

Blitz Publications and Multi-media Group Pty Ltd under license from Bushi Pty Ltd.

PRINTING

GRAPHIC IMPRESSIONS Australia Pty. Ltd.

Ph: (03) 9574 9211

DISCLAIMER

Opinions and viewpoints expressed in *Women's Health & Fitness* do not necessarily represent those of the editor, staff or publishers. Responsible instructors, individuals or organisations with something valid and relevant to say will, whenever possible, be given the opportunity. Reproduction of any material without written permission from the publishers is strictly prohibited.

The acceptance of advertising does not necessarily imply endorsement of services or products. All articles, photographs and other material submitted for publication in *Women's Health & Fitness* must be accompanied by a stamped, self-addressed envelope. Contributions are submitted at the sender's risk and while all possible care will be exercised we cannot accept responsibility for loss.

Please see www.blitzpublications.com.au/privacy-policy for location of our privacy policy.

Women's Health and Fitness is on newsstands in:



Australia



New Zealand

Women's health&fitness

Australia

Visit our website to access more features, workouts and tips



WORKOUT
TIPS



THE LATEST
TRENDS



SIGN UP FOR
OUR FREE
NEWSLETTER



TRY OUR
FITNESS
CALCULATOR



FREE
ARTICLES



DIET AND
NUTRITION
ADVICE



FREE
EXERCISE
VIDEOS



SEX AND
RELATIONSHIPS



SET YOUR
FITNESS
GOALS



BEAUTY
TIPS



HEALTH
ADVICE

womenshealthandfitness.com.au

ON CALL (OUR GO-TO PROS)

ON CALL

our go-to pros

LOVE IT



JOANNA BARRY
Associate
Beauty Editor



SARAH McMAHON
Psychologist /
Body Image Expert
(bodymatters.
com.au)

MOVE IT



NIKKI FOGDEN-MOORE
WH&F Head Trainer
(thevitalitycoach.
com.au)



NICHELE LAUS
Trainer
(nichellelaus.com)

FUEL IT



MELANIE McGRICE
Accredited
Practising Dietitian
(melaniemcgrice.
com.au)



LUCINDA ZAMMIT
Nutritionist
(lucindazammit.com.au)



THE WOMEN'S HEALTH & FITNESS MAGAZINE DIGITAL EDITION

Now also available for your Android™ device!



DOWNLOAD THE FREE APP TODAY!
SEARCH FOR 'WHF'

**DIRECT
TO YOUR
HANDBAG!**



Android and Google Play is a trademark of Google Inc. Compatible for Android 4.0.3 and above

VARICOSE VEINS

CAUSE: Forget the old wives' tales that say varicose and spider veins are caused by smoking or crossing your legs. Varicose veins are caused by venous insufficiency, which occurs when blood pools in leg veins due to failure of valves according to US vein specialist Dr Mitchell Giangobbe.

VISUAL DIAGNOSIS: While twisted, discoloured veins are dead giveaways, not all cases have obvious signs. Damaged veins can be hidden deep in the leg with symptoms such as leg pain, fatigue and swelling.

CURE: Less traumatic than traditional major vein-stripping operations, new minimally invasive catheter-based techniques can blitz veins with virtually no down time.

ARE YOUR VEINS CLAIMABLE?

While spider veins are classified as cosmetic, varicose vein treatments including ultrasound-guided sclerotherapy and endovenous laser ablation do attract a Medicare rebate. Audit your veins:

TYPE	SIZE	LOOK LIKE	HINT
Spider	0.5 to 1mm	Hair-like veins	Often connected
Varicose	2 to 4mm	Blue/green, bulging above skin	Aching/heaviness
Varicose (large)	4mm+	Interconnected, bulging above skin	Dermatitis or ulcers

HPV SHOT DOWNGRADE

Two doses of cervical cancer vaccine Gardasil may be as good as the prescribed three. So found a Canadian study in which two jabs appeared to produce the same immune responses to HPV genotypes 16 and 18 as three. The genotypes are implicated in around 70 per cent of cervical cancer cases worldwide. Further research was needed to determine whether the immune response from two doses would last as long as three, researchers reported.

GOOD TO KNOW

Acid erosion

Planning on keeping your pearly whites for a while? Watch out for acidic ingredients. The Australian Dental Association says products containing acidic preservatives will cause irreversible damage to your teeth if used frequently. Pre-workout and sports drinks fall into this category.

WATCH OUT FOR: ingredients like citric acid (food numbers 330 or 331) or ascorbic acid (food number 300). Preservatives that end in the letters 'ate' (like sorbate) are also assumed to be acidic. Read more at dentalhealthweek.com.au

BRIGHT EYES

Think you can fake being a genius? Even if you can recite an entire astrophysics textbook, your eyes could give the game away. Peepers could reveal your IQ and predict how your brain will decline with age according to research published in *Psychological Science*. Digital retinal imaging showed a link between lower IQ and wider retinal venules, which experts said could predict cognitive decline. Subjects in their late 30s with wider retinal venules already showed deficits in cognitive markers such as verbal comprehension and perceptual reasoning. One theory is that the condition compromises the pathways that transport oxygen and nutrients to the brain.



3 to 5

The number of times greater mechanical demand on neck muscles is when using a tablet than in a neutral position according to Washington State University biomechanics researchers. Increased activation of neck extensor muscles required by tablet use leave them vulnerable to fatigue and related pain.

USE IT: Avoid using your tablet on your lap or flat on a desk, which was likely to maximise gravitational demand (hey, your head's heavy) on the neck.



PHOTOGRAPHY: THINKSTOCK

BEWARE OF THE SPORTING SINS

HOW YOUR ACTIONS ON AND
OFF THE FIELD ARE IMPACTING
YOUR ORAL HEALTH



GYM SUPPLEMENTS, SPORTS DRINKS, MISSING MOUTHGUARD...
EVERY SIN YOU COMMIT IS PUTTING YOUR ORAL HEALTH AT RISK!

LEXICON

Gluten cross-reactivity

The effect that can cause the body to confuse gluten-free food and beverages for gluten. In a study published in *Food and Nutrition Sciences*, 27 per cent of coeliac patients prescribed a gluten-free diet for six months experienced no change in clinical symptoms. The blame went to gliadin, a protein that can be in gluten-free foods and causes the body to react as it would to gluten. Certain foods officially on the gluten-free list can also contain traces of gluten.

Cross-Reactivity List

- | | |
|--|---|
| <input checked="" type="checkbox"/> Casein | <input checked="" type="checkbox"/> Sesame |
| <input checked="" type="checkbox"/> Yeast | <input checked="" type="checkbox"/> Buckwheat |
| <input checked="" type="checkbox"/> Oats | <input checked="" type="checkbox"/> Sorghum |
| <input checked="" type="checkbox"/> Fresh corn | <input checked="" type="checkbox"/> Hemp |
| <input checked="" type="checkbox"/> Milk | <input checked="" type="checkbox"/> Amaranth |
| <input checked="" type="checkbox"/> Millet | <input checked="" type="checkbox"/> Quinoa |
| <input checked="" type="checkbox"/> Milk chocolate | <input checked="" type="checkbox"/> Tapioca |
| <input checked="" type="checkbox"/> Instant coffee | <input checked="" type="checkbox"/> Teff |
| <input checked="" type="checkbox"/> Rice | <input checked="" type="checkbox"/> Soy |
| <input checked="" type="checkbox"/> Whey protein | <input checked="" type="checkbox"/> Egg |
| | <input checked="" type="checkbox"/> Potatoes |

RETHINK

Peanuts

Licence to ditch your homemade lunch for the Thai place on the corner, but ask for peanuts. Experts at *Pennsylvania State University* found that a meal containing 85 g of ground peanuts ameliorated a decrease in flow-mediated dilation (fancy term for an effect that indicates vascular function) experienced after a high-fat meal sans peanuts. Vascular dysfunction plays a role in coronary heart disease. Earlier research linked consuming peanuts more than twice a week with lower coronary heart disease risk.

CAVEAT: 85 g of peanuts contain 2,015 kJ – the average energy in a whole meal.

23

The percentage by which consumption of high-fat yoghurt and cheese could reduce type 2 diabetes risk according to a recent study of 27,000 people at Sweden's Lund University. Not so chowing down on meat, which raised diabetes risk despite fat content. It may be to do with the saturated fatty acids in dairy, researchers suggested. In one study, saturated fat in cheese seemed to raise cholesterol less than that in butter.

TRENDING

QUINOA MILK

With the march of coconut and almonds into milk cartons, it's not easy choosing a faux moo juice. While researchers at the *Universitat Politècnica de València* are experimenting with hazelnuts, walnuts and chestnuts, we're topping up our microwaved lattes with celeb chef Teresa Cutter's high-protein quinoa* milk.

Makes 1 litre (eight 125 ml serves)

Per serve: kJ: 126

Fat: 0.4g Carb: 5.3g

Protein: 1g Sugars 0.7g

**If you're sensitive to gluten, play quinoa by ear as it may be cross-reactive.*

Ingredients

- 250 g cooked quinoa
- 1 litre (4 cups water to blend)
- 2 fresh, pitted dates or stevia

Method

- 1 tsp vanilla extract/paste

Combine the quinoa and half of the water into a good high speed blender.

Blend at medium to high speed until creamy. This should take about 30 seconds to a minute.

Add the rest of the water and blend again.

Strain through a fine sieve and store the milk in the fridge for up to four days.



DIET WHEY

HIGH PROTEIN - LOW FAT

Diet Whey is a low fat, high protein powder containing specialised ingredients including Green Coffee bean extract and L- Carnitine to support the body's natural energy converting processes. In addition, it contains a good source of dietary fibre and the ingredient Garcinia Cambogia extract to help you feel fuller for longer.

BENEFITS

- » Contains thermogenic compounds and powerful antioxidants
- » It assists the process of fat into energy
- » Great tasting, easy- mix formula in creamy vanilla and chocolate flavour.

100% WPI

PURE MUSCLE MASS

100% WPI provides high quality Whey Protein Isolate with low carbs and low fat to minimise calories for lean-muscle building benefits. Power-loaded with BCAAs and other essential amino acids, this formula supports muscle growth and fast recovery as absorption is instant.

BENEFITS

- » High protein source to support muscle growth and mass
- » Extreme low carbs and fat
- » Instant absorption for fast recovery



AVAILABLE AT:



www.incsports.com.au



INC Sports



@incsports

CLEAN COFFEE

The sitch: Can't start your day without a cuppa cawf.

The hitch: Coffee is a diuretic, meaning you'll not only need to duck out of meetings but can suffer dehydration – cue headaches, fatigue and, potentially, tummy problems.

The fix: H2Coco's Cocompresso. It's got the 'hell yes' of real espresso combined with electrolyte-rich, hydrating coconut water. It's lactose, fat and gluten free and contains around the same kJs as a large skim latte. \$2.75 from selected retailers. h2coconut.com



QUICK FIX

The stick: Getting home after a long day at work with a rumbling stomach and hankering for anything you can prepare with one hand. Margherita?

The fix: Takeaway-style ready meals. The new Healthy Choice Whole Grains meals from McCain combine wholesome grains like quinoa, chia seeds and brown rice with flavour-packed protein – think Moroccan lamb tagine and Italian beef and chia meatballs. At selected supermarkets, \$13.95



MOTOR SPILLS

Still cringe about the last time you knocked your mug onto your keyboard? The Mighty Mug is just made for deskers with poor hand-mouth coordination. Its Smartgrip technology sticks your beverage firmly to your desk yet lifts off easily for refills. \$29.95, beyondcool.com.au

Spoonable appetite switch

Creeped out by the thought of accidentally triggering chemicals that make you want to eat like a sumo (p. 108)? Trade up from a 3pm sugar hit to something with protein. Five:am's dessert-worthy creamy cacao yoghurt is one part choccie hit, one part appetite regulator. \$2.49 at selected supermarkets, fiveam.com.au



Butter bam

While the jury's still out on whether satch fat's as bad as it's been made out to be, new research shows the fringe benefits of dairy spread. Recent Roy Morgan polls found that butter buyers were more likely to try to buy additive-free, organic and non-GM food. Butter had overtaken marg' in popularity in the latest spreads poll, with 51 per cent of people saying they preferred it, up from 45 per cent in 2010.



PHOTOGRAPHY: THINKSTOCK



HERBATINT®

— SINCE 1970 —

BEAUTIFUL HAIR NATURALLY YOU

Herbatint Permanent Haircolor gel, without Ammonia, is enriched with 8 organic herbal extracts. Herbatint covers grey hair and delivers a very natural result. With intense color and a healthy shine, your hair looks luminous and feels revitalised, silky soft, and stronger. Enjoy the Herbatint hair color experience and re-discover your hair's natural beauty and vitality!

Dermatologically tested for sensitive skin.



www.herbatint.com.au
1800 060 491

Available from Health Food Stores Australia Wide



THE STICK: The rules of your latest 'lifestyle change' are doing your head in – not to mention making you spend half your day in the tearoom

THE FIX: Trade the fancy diet charter for fibre. In a year-long study in the *Annals of Internal Medicine*, participants who simply increased their fibre intake lost almost as much weight in a year (2.1 kilos) as those who followed the 13 rules in the American Heart Association's diet guidelines (2.7 kilos). At the end of the study, both groups had lower blood pressure and decreased insulin resistance. Focusing on eating more rather than less of something made a diet change easier to stick, said experts, who also found that a single dietary change seemed to set off an effortless chain reaction of healthier choices. Fibre's satiety factor and blood sugar-stabilising effects could prevent hunger and cravings, they said.

HIGH-FIBRE HIT LIST

Legumes and nuts

- » Split peas: 16 grams per cup
- » Lentils: 15.6 grams per cup
- » Black beans: 15 grams per cup
- » Baked beans: 10 grams per cup
- » Almonds, a 28 gram serving: 3.5 grams

Whole grains

- » Spaghetti, whole wheat: 6.3 grams per cup
- » Barley, cooked: 6 grams per cup
- » Bran flakes, $\frac{3}{4}$ cup: 5.3 grams
- » Oatmeal, instant: 4 grams per cup

Fruit

- » Raspberries: 8 grams per cup
- » Pear with skin: 5.5 grams
- » Apple with skin: 4.4 grams
- » Strawberries: 3 grams per cup

Vegetables

- » Artichoke, 1 medium: 10.3 grams
- » Green peas, cooked: 8.8 grams per cup
- » Broccoli, cooked: 5 grams per cup
- » Corn, cooked: 4 grams per cup



TEA PILL TOXINS

Findings that green tea can boost metabolism and fat burn have spawned a wave of supplements containing mega doses of green tea extract. But uber doses could cause toxicity, experts have warned. The extract tops the list of herbal supplements with potential to cause drug-induced liver injury (DILI) according to findings in *The American Journal of Gastroenterology*. DILI can lead to jaundice and even liver failure. The average cuppa has around 50 to 150 mg of active ingredient catechins while some green tea weight loss pills contain 700 mg, which can equate to daily intake of 2,100 mg.

VANISHING CALORIC DENSITY

The property of food or drink that causes the body not to register calories as they're being consumed, often resulting in overeating according to a study published in journal *Nature*. Some common food additives, such as artificial sweeteners in diet soft drinks and snackfoods, could bypass natural satiety signals and trick the body into wanting more, researchers wrote. Synthetic fat substitutes used in low-calorie diet foods could also backfire according to a study published in journal *Behavioral Neuroscience*. In a peanut shell, the taste triggers various responses by the body, including salivation, hormonal secretions and metabolic reactions in readiness for a deluge of calories, interfering with the body's expectations.

BEFORE YOUR NEXT COFFEE RUN, REALITY CHECK YOUR REGULAR DOUBLE SHOT'S ENERGY QUOTIENT. WHOLE MILK ADDS AROUND 50 PER CENT MORE KJS.

Latte/
cappuccino,
skim

405 kJ

Flat white,
skim, no
sugar

390 kJ

White,
30ml skim

75 kJ

(Based on a medium coffee of 300 ml)



Raw fermented paleo protein

For those who
go against
the grain

Raw fermented paleo protein is a delicious wholefood formula combining a nourishing sprouted base with fermented seeds and greens. This blend contains superfoods such as Peruvian sacha inchi, fermented spirulina, quinoa and chia, creating a comprehensive paleo-friendly protein. Vegan and grain-free, **Raw fermented paleo protein** provides high levels of amino acids essential for muscle development and body function.



For paleo friendly recipes
follow us @amazoniaco

amazonia.com.au



THE PULSE / EXERCISE



Whether you're about to run a marathon, rock up to a gym class or apply for a new job, these tips from Dr Douglas Mann, associate professor in the health and exercise science department at New Jersey's Rowan University, will have you cool, calm and ree-laxxxxxed.

- 1. PREPARE MENTALLY:** "You spend so much time running and preparing physically, yet a large percentage of how well you do is mental."
- 2. STRIKE A POWER POSE:** "Power posing, such as standing tall in a position of dominance, can lead to lower levels of stress hormones in the bloodstream."
- 3. FIND THE SOURCE:** "Seek counselling to gain a better understanding of what may cause your race anxiety."
- 4. THINK POSITIVE:** "Practise daily and written affirmations. Use your inner voice to speak positively, and write daily affirmations to yourself. Many people with anxiety are their own worst critics while being extremely supportive of others. Stop the negative talk and support yourself as much as, if not more than, you support others."

OLD VS NEW

ICE IT

OLD WAY

The ubiquitous take on treating minor muscle injuries is to ice it, and ASAP. The science says that cooling the affected area discourages blood flow to that spot, which reduces inflammation.

NEW WAY

Do nothing. According to new research by the Queensland University of Technology, delaying inflammation might have an impact on tissue regeneration, and therefore the speed of recovery from muscle injuries: "Topical icing suppressed inflammation but also delayed angiogenesis in regenerating muscle," the researchers concluded. "These findings challenge the practice of using ice to treat muscle injuries."



Sweat clock

Rescheduling your workout from PM to AM could give you a next-day edge. Exercising in the AM results in higher-quality sleep according to Appalachian State University research. The reason? Working out early was linked to greater reductions in resting blood pressure, which results in a more restful sleep and, logically, better daytime function.

1

The number of minutes of high-intensity exercise added to workouts three times a week that could improve skeletal muscle oxidative capacity and improve cardiovascular health according to a recent study published in *PlosOne* journal. In the study, the extra minute was added to sessions as 20-second bursts of all-out cycle sprinting with resistance interspersed with two minutes' active recovery. >>



TRY IT:

MONDAY

Kick off those covers a little earlier for 3 x 20-second bursts of high knees on the spot, intermittent with two minutes of sumo squats between boiling the kettle or heating your porridge.

WEDNESDAY

Get up for 3 x 20-second rounds of mountain climbers, intermittent with two minutes of walking lunges. (Trying to find your favourite flats? Look and lunge!)

FRIDAY

Add 3 x 20-second rounds of burpees interspersed with two minutes of on-the-spot jogging while choosing your casual outfit or packing your lunch.

TRY IT:

Participants in the study completed a moderate 30-minute treadmill workout at 7am, which resulted in a 25 per cent drop in resting blood pressure and longer kip that night than normal.

MOUSE MOJO

If you're the one who piked on Thursday morning's boot camp due to a sore pinkie finger, an accountability partner is a foolproof way to pull your socks up. New website iwilldo.rexona.com.au is a network of goal-setting go-getters united in motivation. Users also get support and pro tips from AIS athletes and experts. See you at 6.15.

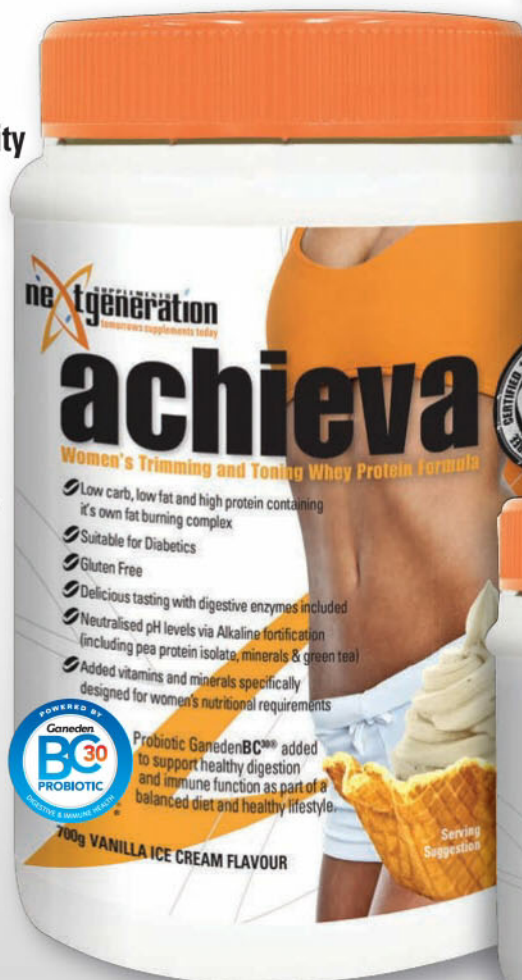
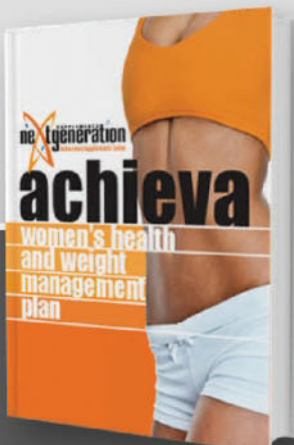
achieva

women's trimming and toning whey protein formula

- ✓ A perfect protein recovery formula
- ✓ An ideal premium quality meal replacement
- ✓ Ultra high protein, extreme low carb
- ✓ Gluten Free
- ✓ Suitable for diabetics
- ✓ Delicious tasting
- ✓ Available in 3 flavours
 - Chocolate Cake
 - Vanilla Ice Cream
 - Iced Coffee



Achieva now available in Priceline and Priceline Pharmacy stores nationally and all good health food stores.



NEW Single serve sachet variety pack available in-store.

For helpful weight loss tips, meal and snack options download our **free** weight management plan at our website:

www.achievalifestyle.com



(FREECALL 1800 288 019. Australia Wide Only)

Flake escape

There is nothing like unleashing your locks from their usual confines for casual Friday – except if your tresses make your black rollneck look like Mt Kosciuszko. Dandruff tends to be exacerbated by harsh winter weather, but American Academy of Dermatology pro Adam Friedman has a cringe-free fix. “Rather than try to remedy dandruff by over-shampooing or over-brushing your hair, which can both be damaging to the hair, use dandruff shampoo and scalp treatments instead,” says Friedman.

Flake free:

1 FOLLOW THE INSTRUCTIONS

“There are many different dandruff shampoos, and each contains different active ingredients for controlling symptoms – for example, some dandruff shampoos require that you lather the shampoo into the hair and onto the scalp and leave on for about five minutes before rinsing; others should not be left on the scalp.”

2 SWITCH IT UP:

“If using one dandruff shampoo does not bring relief, try alternating between dandruff shampoos with different active ingredients...use your anti-dandruff shampoo once or twice a week.”

3 TAR OR NO TAR:

“Be careful when using a dandruff shampoo that contains coal tar. Tar shampoo can discolour light-coloured hair and has the potential to make your scalp more sensitive to sunlight. If you use this type of dandruff shampoo, it’s important to protect your scalp from the sun by wearing a hat when outdoors and seeking shade whenever possible.”

KISS ME, FOOL

When did kissing of the non-air kind become meeting protocol? Not sure, but in the post-handshake era, you’re going to need colour that won’t stain associates’ cheeks. This shimmery coconut nectar tint lends just enough hue to make you look professional – not done to the nines – and multi-tasks as a serious lip moisturiser with avo and coconut oils and no beeswax, parabens, lanolin or petroleum. \$11.95, pacificabeauty.com.au



PINKIE SWEAR

Nothing says you mean business like a mani (partly because it tells the world you can afford fortnightly visits). If you can’t (or don’t have time to sit in a salon), get the pro look with a high-coverage polish.



METALLIC

Volumnia by Mecca Cosmetics – if normal nude is a little too dull for your taste in polishes, turn up the glam with Volumnia. This gorgeous rose-gold lacquer is bound to turn some heads, and it’s totally 5-free. \$22, mecca.com.au



SHEER

Ballet Slippers by Essie – did someone say sophisticated, feminine and oh so softly pink? In 1989, Queen Elizabeth contacted Essie to request a bottle of this sheer lacquer. If it’s good enough for royalty, it’s good enough for us! \$16.96, essiecolours.com.au

MATTE

Buttercream by Kester Black – perfect for those with fair skin, this creamy sweet-themed polish is Australian made, vegan, 5-free and cruelty free. \$20, kesterblack.com



QUICK FIX



THE STICK: You couldn’t resist the third wine despite telling the girls it was Wednesday.

THE FIX: Fake being fully awake with Wonderstripes beauty tapes, which make you look wide-eyed and bushy-tailed in seconds. The instant eye-lift tapes come in three sizes to suit degrees of eyelid ‘droopiness’. \$27 for a pack of 64, wonderstripes.com.au

Blooms Green Lipped Mussel
& Turmeric with BioP™

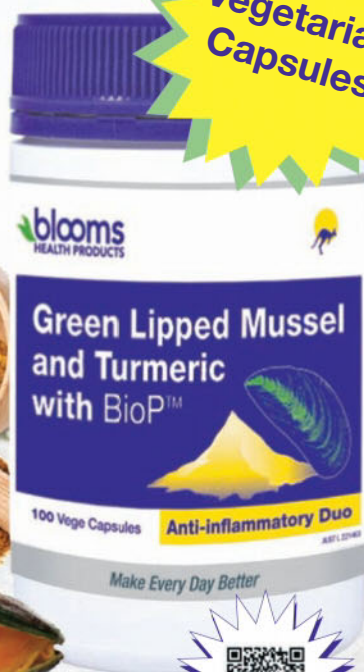
AS SEEN ON
TV

Do you suffer from stiff, painful joints?

Double action Green Lipped Mussel and Turmeric may help provide relief from stiff, painful and inflamed joints.

- ✓ May help relieve mild arthritis pain
- ✓ May help increase joint mobility

Vegetarian
Capsules



CHC70593-04/15



100% AUSTRALIAN OWNED AND MANUFACTURED

Always read the label, use only as directed. If symptoms persist, see your healthcare practitioner.

Make Every Day Better

www.bloomshealth.com.au

1800 181 323

blooms
HEALTH PRODUCTS

Cholesterol High?

**100% Natural
Beta-Glucan Powder**

Scientifically shown
to reduce blood
cholesterol naturally

NO
Additives





GLOBAL WARNING:
THIS IS ILLEGAL

THE PLACE:

Dubai

THE CRIME:

Sharing a hotel room (or Air B'n'B condo)

with a dude out of wedlock. That includes your de facto or fiancée or anyone you can't prove is your brother.



THE PLACE:

Alabama

THE CRIME:

Buying sex toys. See the state's Anti-Obscenity Enforcement Act 1998.

84

The percentage of 185 societies worldwide that approved of extramarital sexual relationships in a famous 1951 study. In fact, monogamy may be a cultural quirk of the contemporary West.

» **PARTNERED NON-MONOGAMY:** go ahead and sleep with other people; just don't love them.

» **POLYAMORY:** unlike partnered non-monogamy, this gives the green light to emotional involvement and love outside the primary relationship.

» **NON-MONOGAMY IN A SOCIAL CONTEXT:** the kind of thing swingers practise.

» **POLYFIDELITY:** three or more people in a committed relationship – together.

» **MONOGAMOUS/NON-MONOGAMOUS PARTNERSHIP:** one half is monogamous while the other plays the field.

Source: *Clients in Sexually Open Relationships: Considerations for Therapists*.

It's a...girl?

Enzymes that control expression of genes integral to inflammation and immunity could also play a lead role in defining gender-related sexual behaviour in the brain. Prenatally, the brain develops specifically male or female characteristics. But according to research published in journal *Nature Neuroscience*, injecting testosterone derivative estradiol into the so-called preoptic area of females' brains can unmute genes associated with masculine reproductive behaviour. In the study, certain inhibitors caused lady brains to take on structural characteristics of boy brains, leading to man-like sexual behaviour.



THE STICK: Pain during sex

THE FIX: Pain during sex is a common complaint according to US OB/GYN Alyssa Dweck, co-author of *V Is for Vagina*. An estimated 75 per cent of women experience painful sex at some point, The American Congress of Obstetricians and Gynecologists reports. About that fix.

PROB: External irritation

SOLUSH: It could be a bad reaction to personal care products such as soap, body wash or even that el cheapo toilet paper. They can all promote vaginitis, or inflammation of the skin. Resist lotions and creams and audit your personal care products, trading any you think are sus. (Do you really need perfumed loo paper?)

PROB: Itching or stinging and discharge

SOLUSH: Discharge is a sign of infection. If it's thick, white and itchy, think yeast infection or overgrowth. Grey and watery? Try bacterial vaginosis. Greenish or yellow with pelvic pain could signal an STI such as gonorrhea or chlamydia. While anti-fungal cream can target yeast issues, it's best to check with a doc.

PROB: Agony in the act

SOLUSH: If any position causes significant pain, whether dull or acute, it could be endometriosis – a condition in which endometrial tissue transcends the uterus and attaches to ovaries and fallopian tubes. Medication and surgical removal are the go-to treatments.

PROB: Sensitivity/rawness

SOLUSH: Yes, you can have too much of a good thing. Like hitting the gym every day, frequent sex can cause a kind of overuse injury. Chaffing is a classic sign. Trade your skinnies for loose clothes and lay off the loving for a day or two.

150



The number of names on wedding guest lists that correlated with self-reported optimal marital quality in a US-wide report from the University of Virginia. Coined the 'My Big Fat Greek Wedding factor', the effect described correlations between bigger guest lists and broader lifestyle balance that favoured marital quality. Couples who invited 150 or more guests were more likely to report high marital quality (47 per cent) than those with 50 or fewer attendees (31 per cent) or 51 to 149 guests (37 per cent). More romantic experience was also linked to higher quality marriages.

SUPER FOODS FOR A HEALTHY LIFESTYLE. **SUPER GREENS** FOR HEALTHY SKIN.

No Parabens or Sulphates

Enriching actives of kale, spirulina, parsley and chlorella are combined with antioxidant rich acai and goji extracts for daily hydration that promotes a healthy glow.



Available at leading pharmacies and health food stores
or online at www.sukinorganics.com



SKINCARE THAT DOESN'T COST THE EARTH™

BYTE OFF

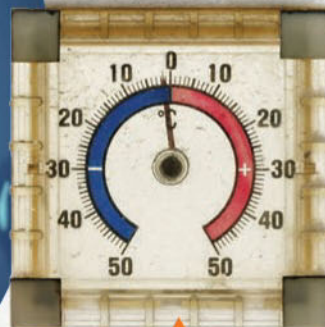
PropellHer.com

A new web platform offering women online mentoring and career support from around 200 female and male mentors. We love the video-conferencing platform, which lets you 'meet' with your mentor without leaving the house. While it's free to ask a question, you do pay a small fee for one-to-one or one-to-four mentoring.

2-MINUTE FIX

The stick: You're flushed and feel like you're going to forget your half-hour preso.

The fix: Hit the little girls' room and practise poses synonymous with power for two minutes. Research by social psychologist and Harvard Business School associate professor Amy Cuddy shows that strong poses such as putting your arms up and out or on your hips increase testosterone and decrease stress hormone cortisol, putting your brain into 'Hell yeah I can' mode.



SHORT-TERM MEMORY

If you wear tanks in winter and coats in summer to compensate for a nonsensical office climate, you can blame the uncomfortable ambient temperature for broken focus and susceptibility to distractions. At least that's the meaning we took from a Leiden University study linking a comfy ambient temperature with better working memory.

TWO WAYS To prevent burnout

1) Take up life drawing

Or baking or macrame. Any creative co-curricular pursuit has the potential to boost your work performance by enhancing creative problem solving and cooperation, San Francisco State University organisational psychologists have found. Here's an idea: start an office bake-off or ask HR to allow personal artworks in cubicles.

2) Set goals that matter

If you're personally interested in your goals and enjoy the steps to achieve them, you'll be able to operate in high-performance mode for longer without burning out. Duke University researchers have found that passion for the end and means puts workers in 'the zone'. Conversely, pursuing activities you don't enjoy or deem important is likely to undermine performance and lead to greater exhaustion.

THE IMPORTANCE OF BEING INNOVATIVE

If you're eyeing a leadership role, ditch the antique phone (antique as in circa 2012).

Women who adopt the latest technology are more likely to be perceived as leaders according to Vanderbilt University research. A halo effect was credited with perceptions that early adopters also had more authority in unrelated subject areas.



“Change
ISN'T BY **CHANCE**
IT'S BY *choice*”



FROM **SHARON PEARSON**, FOUNDER OF THE COACHING INSTITUTE

**BECOME A LIFE COACH
AND CREATE
LIFE ON YOUR
TERMS**

DISCOVER HOW TO BECOME A SUCCESSFUL LIFE COACH WITH YOUR
FREE 'GETTING STARTED AS A COACH' GIFT PACK (VALUED AT \$197)

Request Yours Today!

SPEAK TO A COURSE CONSULTANT ON **1800 094 927** OR VISIT US AT
WWW.THECOACHINGINSTITUTE.COM.AU





CATCH-22

Anxiety

People prone to high anxiety struggle to read the very environmental cues that could help them avoid what they fret about according to new research published in *Nature Neuroscience*. A malfunction in the brain's decision-making circuitry makes it tough for sufferers to tap into information about events and how to respond. When anxious people received a shock, their pupils failed to dilate as expected, suggesting that they couldn't work out whether they were in a stable or dynamic situation.

GHOST DUSTERS

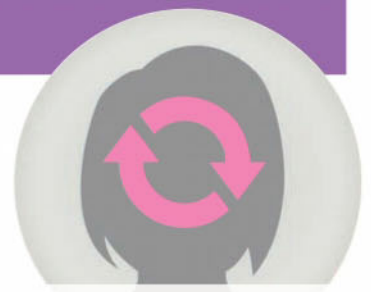
Reckon you're sharing your digs with Casper? It could be the air quality. A new study will scrutinise the hypothesised link between reported hauntings and exposure to toxic moulds and other poor air quality, which could cause neurological or psychological symptoms according to Clarkson University researchers. It's a long bow, but experts said hauntings tended to be reported in environments with poor air quality and that exposure to biological pollutants had been linked to odd brain events. Watch this space.



50

The estimated percentage of needle phobes who faint in the face of fear. Around 80 per cent of people who fear shots have a first-degree relative who also fears jabs. According to the co-author of *Overcoming Medical Phobias*, a genetic predisposition to fainting due to a vasovagal reflex response to fear (seeing an injection triggers the vagus nerve, widening blood vessels, slowing heart rate and dropping blood pressure) is shared by vacci-phobes. The specific fear of shots tends to develop through a negative experience before the age of 10.

SHOT TIP: Applied tension, whereby you tense your muscles, can help avert fainting episodes in the face of fear. Pain patches and topical numbing agents like Emla gel can also reduce the expectation of pain and, therefore, fear. For blood tests, minimise the chance of trauma by having a bath and drinking plenty of water before your shot as hydration and heat help to pump up veins.



LEADER BOARD

Been appointed to head up a group project? Here's what's happening in your noggin. The activity in your brain's left temporo-parietal junction (the bit that represents others' mental states) begins to synchronise with that in the same area of your followers. Yep, exactly like your phone with iTunes. How well things synch depends on how often the leader says the right thing at the right time according to new research. Speaker beware: results showed that the brains of group members synched or not (geek speak: interpersonal neural synchronisation) before the end of a discussion.



THE STICK: You continue to believe things that make life less flowy because, well, you're human. The moon increases criminal activity or carbs make you fat, say.

THE FIX: Just because you've heard something a gazillion times doesn't make it fact. A UCLA professor of planetary astronomy has struck out at so-called confirmation bias, which causes people to interpret information in a way that confirms their beliefs and ignores contradictory data. Got a case of con-bi? Try admitting that what you believe could be off the money and be willing to engage in evidence-based reasoning. It could just give you a clearer view of the world (and toast with brunch).

AFFORDABLE PROTEIN...

*... that doesn't
compromise
on quality!*

BRIDGET FREEMAN

PROUD BULK NUTRIENTS AMBASSADOR,
INTERNATIONAL FIGURE CHAMPION
AND MUM OF TWO.



BULK NUTRIENTS

WHEY PROTEIN ISOLATE

- New Zealand made Whey Protein
- Incredible value for money
- Virtually no carbs & fats
- Clean & pure taste
- **90% Protein**

Just
\$1.09
per serve

\$36 FOR 1KG

BUY EXCLUSIVELY FROM [BULKNUTRIENTS.COM.AU/WPI](https://www.bulknutrients.com.au/WPI)



bulknutrients



@BulkNutrients



bulknutrients

PHONE FOMO.

Phenomenon defined by freaking out when one's smartphone dies.

THE STICK

If the above rings a bell, you're not alone according to Lesley Seeger, staff therapist at Northwestern University. "We are programmed to be available – to our jobs, our friends and our families – and often feel a heightened sense of responsibility as a result; this stems from the fact that we think we'll be seen as a weak communicator if we don't respond right away, or that we lack commitment, and so it becomes hard to just turn off our phones," Seeger says.

THE FIX

"When you feel yourself wondering about what's happening at home or at work, acknowledge those feelings and thoughts, let them go, and bring yourself back. Pay attention to the sights, sounds and activities around you – take advantage of the moment that you're in."

TRENDING

QI GONG

Qi gong is a Chinese medicine practice designed to align body, breath and mind. It's often taught through tai chi or martial arts. Its combination of slow, flowing movement and patterned breathing is said to foster a sense of calm and increase positivity. A recent study in the *Journal of Bodywork and Movement therapies* stated that qi gong helps individuals to accept stressful situations as they are and may be able to prevent work-related burnouts.

TRY IT: Learn qi gong breathing exercises and yang-style movement with Taichi Temple. It's the first tai chi app to use 'extreme motion', which uses any 2D camera (like the one in your phone or webcam) to create a 3D model of you, allowing you to sync with Master Li – a real tai chi master and the head of Zhen Wu – in real time. Available on iTunes for \$3.99, taichitempleapp.com

OBJECT OF DESIRE

WE'RE LITERALLY HEAD OVER HEELS FOR LULULEMON'S LUXE CHAMOIS YOGA TOWEL. SMALL ENOUGH TO TUCK IN YOUR HANDBAG AND KEEP BESIDE YOUR MAT, THE ULTRA-ABSORBENT, ULTRA-SOFT LA SERVIETTE IS INSURANCE AGAINST SLIPPERY ASANAS. \$49.95, LULULEMON.COM.AU

Minders keepers

The verdict that meditation changes your brain by leveraging its plasticity is all well and good, but not all quiet time's created equal. Surprisingly, the part of the brain involved in processing memories and emotions is more active when the mind is left to wander (nondirective meditation) than when it's made to attend to a particular thought or sound (concentrative meditation), reports *Frontiers in Human Neuroscience*.

Concentrative

Nondirective

WHAT IT IS	Focus on breath or specific thoughts, wilfully suppressing other thoughts	Focus on breath or specific sound but lets mind wander freely
AS IN	Styles that are concentrative	Acem meditation, mindfulness
BRAIN SAYS	Less activity in part of brain processing self-related thoughts/feelings	Higher activity in part of brain processing self-related thoughts/feelings

LEXICON

SANKALPA

In Sanskrit, *sankalpa* has a similar meaning to resolve, or the heartfelt pursuit of goals and achievements. "A sankalpa is a short positive statement of intent of some way you want to be or change your life," says yogini Linda Novosad (arjuna-yoga.com.au). "It is an instruction from your conscious mind to your subconscious mind and a powerful tool for change and should be chosen carefully."

Your sankalpa should be a statement that reflects your most heartfelt desires, like 'I am peace', or 'I am confidence' or even simpler affirmations that speak to your goals. "Use your sankalpa as a mantra during your yoga practice, hum it to yourself every day or repeat it to yourself quietly before going to sleep but most importantly keep it to yourself – like an enchanting spell between you and your soul – and you will soon reap the benefits of its use," says Novosad.



YOUR BEST
LOVE IT



Release Force

If there was a stress-head Oscar, most of us would be up for nomination. Yet despite knowing the tight shoulders and thought gaps intimately, few of us have polished the art of stress reversal. We've put the hard word on a panel of stress busters.

Words: Evelyn Lewin

Everything's getting to you. You're under the pump at work, stretching yourself thin on weekends by racing from one social commitment to the next, and you barely have time to breathe let alone take a moment to chill. Your shoulderblades feel like knotted Chux superwipes and if one more person tells you to 'just relax', you might just tell them where to shove their sickening optimism.

If you nodded, you need to unwind. These health pros have got mitigating stress down to a fine art. All you need to do is curl up with a chamomile tea and read.



The Massage Therapist

WHY SEE A MASSAGE THERAPIST?

While stress occurs in the mind, it creates tension in the body, says Therese Norman, founder and senior therapist at Know Body Knots Massage at Work (knowbodyknots.com.au). A massage therapist helps relieve that muscle tension, allowing your mental stress to ease too.

HOW CAN IT HELP?

A massage therapist works on your body to release muscle tension. By connecting with your body, your mind can relax too, Norman says. This means you can let stress go, both mentally and physically.

HOW DOES IT WORK?

"Massage is very efficient in removing tension from the muscles," Norman says. Once that tension's eased, your whole body (and mind) will feel lighter and more relaxed.

Another bonus, Norman says, is that connecting with another human being is "very nurturing". In fact, she says massage is "an all-inclusive method of removing stress symptoms". Day spa, here we come.

HOW CAN YOU HELP YOURSELF?

While you can't be your own massage therapist, nor lug one with you everywhere you go (wouldn't that be great?), Norman says there are other ways you can simulate the effects of massage.

She recommends doing things that let you "live in the moment", such as stretching, listening to music, walking your dog or going to the beach. "The important part is to do these things in small doses every day, and be present with the mind as well as the body."

HOW DOES SHE DE-STRESS?

"I do something that takes my attention away from the stress. I cook, play with the dog, go into the garden and smell the herbs. I have a massage [or] I stop and take a few breaths.

"[Doing these things] makes me take a break and distracts me from the stress. Even if it's for just two minutes, it breaks the cycle and I can then deal with the situation more calmly and with a clear mind; I can put it into perspective. Most importantly, I'm working on not getting stressed in the first place."

The Hypnotist

WHY SEE A HYPNOTIST?

Hypnosis is a "marvellous tool" for de-stressing because it works directly with your subconscious, says Sarita Ford, consulting hypnotist at Dynamic Hypnosis (dynamichypnosis.com.au).

She says our negative thoughts and stress are stored in our subconscious, and they drive our conscious behaviours in a "detrimental" way. By using hypnosis we can access the subconscious to feel calmer.

HOW CAN IT HELP?

Before taking you into a trance-like state, a hypnotist will ask you why you're stressed. This is an important first step, says Ford, as once it's identified, you can then become 'suggestible' to hypnosis. Together, you and your hypnotist will then come up with 'suggestions' your hypnotist will use based on what outcome you want to get out of your session.

Once that's established, you're then placed into a 'hypnotic trance'. "This state feels a bit like a total relaxation, like you get just before falling asleep; like being in a daydream," explains Ford. She says this state is essential for accessing the subconscious mind.

Ford points out that under hypnosis, a person can talk, hear everything, remember everything and will not accept any suggestion they don't agree with. (So, no, you won't 'wake up' from a trance suddenly thinking you're a chicken.)

During the trance, your hypnotist will then repeat the suggestions you agreed on beforehand. "This ensures that suggestions will be taken up by the subconscious mind," Ford says.

HOW DOES IT WORK?

"Once we change our state of mind, the body and its reactions follow," Ford explains. "Therefore, by changing our thoughts or what we are focusing on in a moment, we can immediately feel differently. Our breathing then changes, our muscles relax and we feel lighter and freer."

HOW CAN YOU HELP YOURSELF?

Your hypnotist can give you suggestions for ongoing self-hypnosis strategies. "For example, it could be that once a stress trigger is recognised, the person will immediately start breathing deeply for two to five minutes, take a break and briefly change their environment, imagining themselves in a calm environment."

Creating a relaxing home environment, and indulging in activities you enjoy doing, are other ways to help stay calm, Ford says.

HOW DOES SHE DE-STRESS?

"I frequently use self-hypnosis breathing techniques and guided hypnotic suggestions to remain relaxed and manage stress in my life. By taking the time to relax and reflect upon how my life is and what may be causing me stress, I am able to make changes that suit me and enable me to relieve stress."

The Dietitian

WHY SEE A DIETITIAN?

If one of the first things you do when stressed is polish off a bag of chips, you're not alone. But 'stress eating' is not the answer. Not only will your weight suffer, your problems will still be there long after the packet's finished.

"Often we turn to food in times of stress because eating makes us feel instantly better, even if only momentarily," says Lyndi Polivnick, a.k.a The Nude Nutritionist (thenudenutritionist.com.au).

She says eating sugary or fatty foods provides an "instant emotional release" by filling the brain with chemicals called neurotransmitters that make us feel better. "The problem is that the minute we stop eating, the neurotransmitters and happy feelings [also end], so we find it hard to stop at just one piece or one packet," Polivnick says.

This is where a dietitian comes in. "I help people change their relationship with food so they can deal with stress effectively without feeling the need to turn to a packet of Tim Tams," Polivnick says.

HOW CAN IT HELP?

Simply getting your diet under control and eating the right foods can help you feel less stressed, says Polivnick. "The type and quality of foods you eat actually plays a significant role in how happy and in control of your life you feel," she explains.

She says psychiatrists now recognise that nutrition is "essential" for managing stress. "Eating nutrient-rich foods packed with antioxidants, polyphenols and pre- and probiotics is a really effective and simple way to reduce stress and feel better, fast," Polivnick says.

And when she says the effects are fast, she means it. "You can expect to notice a difference as soon as you finish a nourishing meal, and within a week of eating the right foods you'll notice a lift in energy,

happiness and stress." We'll eat to that.

HOW DOES IT WORK?

"Eating a nourishing, wholefood diet is scientifically proven to improve your mood and reduce stress," Polivnick says. She explains that eating well helps combat oxidative stress and balances our hormones and neurotransmitters. Meanwhile, 'junk food' offers an instant stress release but does nothing good for your stress levels long term.

HOW CAN YOU HELP YOURSELF?

It's all about having a really healthy, nourishing diet. Polivnick recommends "supercharging" your diet with nourishing foods like vegetables and fruit, dairy, wholegrains, legumes and lean protein. She says the aim is to "crowd out" junk food by eating heaps of the good stuff instead.

HOW DOES SHE DE-STRESS?

"Like many people, I'm susceptible to anxiety and depression, so staying on top of my stress levels takes daily attention. Eating well is a priority for me and I make sure I eat all the right foods that include antioxidants, polyphenols and pre- and probiotics. That is just a fancy way of saying I eat plenty of vegetables and fruit, include legumes, wholegrains and dairy foods and focus on getting my quota of healthy, unsaturated fats from avocado, nuts and seeds and oily fish.

"I speak to a counsellor fortnightly because it helps prevent feeling stressed and overwhelmed. We go to the gym to strengthen our bodies, so why not work out our brain to strengthen our happiness and better manage stress? I really look forward to speaking to my counsellor, and leave the conversation feeling lighter and energised."

The GP

WHY SEE A GP?

"A general practitioner (GP) is a qualified medical professional who has extensive training in dealing with patients who report stress," explains Dr Jodie Silleri, a cosmetic physician and general practitioner at enRich Dermatology & Cosmetic Surgery Centre.

GPs can teach you healthy ways to reduce your stress. They can also refer you to a psychologist (via a mental health care plan), meaning you can access a Medicare rebate. This makes the process "significantly more affordable", says Dr Silleri.

HOW CAN IT HELP?

Your GP can teach you loads of ways to relieve stress. She'll start with the basics. "Dealing with stress requires a holistic approach," Dr Silleri says. "It begins with healthy living through a balanced diet and regular exercise." She says studies show that those who physically exert themselves on a regular basis "generate much-needed endorphins and generally feel better".

Your GP can also teach you relaxation techniques, such as deep breathing exercises and progressive muscle relaxation. "[Doing these] can help us feel more centred and give us the necessary tools to calm ourselves in the height of stress," Dr Silleri says.

Other tools that can help include problem solving, meditation and mindfulness. Your GP can also link you to other professional help as needed.

HOW DOES IT WORK?

"As a general practitioner who regularly sees patients who are stressed, I have witnessed just how effective these strategies are first-hand, over and over again," says Dr Silleri. She says there's a wealth of evidence showing how these tools can help manage stress.

The reason they work, she says, is because they put you in control of your own stress management. "You are responsible for your own progress and are accountable to yourself."

HOW CAN YOU HELP YOURSELF?

While your GP can teach you the tools you need to de-stress (from eating well and exercising to living mindfully and practising relaxation), it's up to you to utilise these techniques once you leave.

"Ultimately there is homework to be done between sessions and practice is the only way we ever improve," Dr Silleri says.

HOW DOES SHE DE-STRESS?

"I try to practise what I preach. All methods and techniques outlined above are strategies I try to use every day. As a doctor, my profession places me at high risk of stress, so I am acutely aware of the need to look after myself. When I'm happy and functioning well, I'm better able to care for those around me."



The Psychologist

WHY SEE A PSYCHOLOGIST?

It's probably way down the list, somewhere under wine, Pringles and whingeing to your beau, but a psychologist can be a useful go-to if stress is making you miserable. "In my view, seeing a psychologist for stress management is beneficial for most people, and fundamental for those who feel they're not coping adequately, or that their experience of stress is impacting so strongly that it's interfering with their daily functioning," says Dr Lara Winten from Let's Talk Psychology Practice in Sydney (letstalkpsychology.com.au).

She says that stress is actually about a "transaction" between the thing that's stressing you (such as work, your relationship or money probs) and the way you deal with it. "The 'transactional model of stress' helps explain why the same stressor [thing that's stressing you] might impact on two individuals very differently, or why the same individual might experience the same stressor differently at different times in their lives," she says.

HOW CAN IT HELP?

"The first thing a psychologist would do would be to help people come to a greater understanding of their own current stress

experience," Dr Winten explains. She says talking about the stress can help you see your situation more clearly.

Then, a psychologist will help you manage that stress through different cognitive (thinking) and behavioural strategies.

HOW DOES IT WORK?

Once you've identified what's stressing you, a psychologist will use various psychological tools to help you manage your stress. "Clinical psychologists are trained to provide only evidence-based treatment for all mental health conditions, including stress," Dr Winten says. This means they will only provide options that have been shown, through research, to actually help.

"The focus of an intervention is not just support, but education, so that an individual is equipped with the necessary tools to reduce stress for the rest of their lives," Dr Winten says. Which means that when you leave your psychologist's rooms, you will have the ability to manage your own stress at home.

HOW CAN YOU HELP YOURSELF?

Depending on the issue that's stressing you, there are lots of ways you can ease

your own stress, says Dr Winten. If you feel like you never have time for yourself, she suggests prioritising your own needs, such as getting enough rest, eating well, exercising and relaxing (as in, scheduling time into your day to make these things happen). Practising mindfulness skills every day by using a guided meditation audio track can also help.

When you can't sleep because you're so wrung out, Dr Winten suggests writing in a journal at night before switching off your light. She says this decreases people's stress levels while improving their sleep.

HOW DOES SHE DE-STRESS?

"As a psychologist, I believe I have a responsibility to myself and others to practise what I preach, so truthfully I use all of the techniques I've referred to here to help manage my stress.

"In particular, I practise mindfulness daily to help myself stay focused in the present, and I also try to ensure there is an opportunity for behavioural stress relief every day, whether that be through solo exercise, participation in team sports, talking and debriefing with my colleagues, family or friends and reading and watching something light hearted and funny."



Stress Head

When it comes to showing off, stress may be the ultimate exhibitionist. Even if you don't go around blagging about how busy you are or yodelling your to-do list, there's a good chance the strain is visible. Here's how to play it down.

Words: David Goding

While it often starts as thoughts about thoughts, stress involves a fairly predictable exchange between the brain and the rest of your body. And although few of us face actual threats to our survival in the general

course of things, evolution has hardwired us to react to threats with melodramatic chains of events geared to fostering a fast getaway. Blood flow is redirected to muscles, pushing glucose into the blood, increasing sweating, minimising immune function and digestion

(discretionary processes), increasing heart rate and breathing, and enlarging pupils – none of which actually help you find that car-free space at Westfield.

"Although the medical community has established that a little stress is actually good for you

YOUR BEST » LOVE IT

– waking up your creativity, fuelling your vitality, and keeping your immune system vigilant – the qualifying and key word here is ‘little’,” says stress management expert and author of *Addicted to Stress* Debbie Mandel. “When you find yourself rushing from activity to activity, doing chore after chore, with no personal time for yourself, the problem isn’t the external world that’s landing on your doorstep; rather, it’s your own need to constantly open that door and welcome stress into your life.”

How you cope with stress – and how long you can withstand it before burning out – is personal, says Jennifer Ackerman, author of *Sex Sleep Eat Drink Dream – a day in the life of your body*.

“How your body responds to stressful events may be determined in part by your genes,” she says. Whether you fret like a fly in a Mortein factory or cruise through in relative calm depends on genes known as serotonin transporter genes, which come in two guises, short and long. The short ones favour moodiness, low self-esteem and neurotic behaviour and are found in about 20 per cent of the population, while long ones favour resilience and belong to about 30 per cent of people. The rest of us have one of each.

Whatever your stress genes, self-management can mitigate the deleterious impact of prolonged periods under pressure.

Sign: Unexplained weight gain

Stress causes weight gain – even without changing calorie intake or meal composition. The onus is on stress hormone cortisol, which is released when a stressful thought prods the body into stress-combative action.

“When you’re stressed, your adrenal glands release more cortisol, which makes you store fat in case you have to go for a lengthy time without food,” says Timothy Crowe, an associate professor in Nutrition and Exercise Sciences at Deakin University. “This build-up can occur rapidly in our most active fat cells in the abdomen – where it can predispose you to problems with insulin and diseases like type 2 diabetes. The release of cortisol can also affect hormones that increase appetite. This can lead to comfort eating and make it hard for some people to control their weight.”

Too much cortisol also promotes catabolism, which reduces metabolic rate according to nutritionist, biochemist and author of *Rushing Woman’s Syndrome* Dr Libby Weaver.

Cure: Running

Channel your angst into a workout.

“Exercise gives the body a chance to practise dealing with stress and then releasing it,” says Mandel. “It’s beneficial to challenge yourself in destabilising mediums (inducing stress) to cultivate your return to homeostasis. In exercise terminology this is known as core training.”

Movements in aerobic exercise also mimic those belonging to the fight-or-flight stress response, Mandel says. The result? The body and mind become better able to quickly adapt to and recover from stressors.

Sign: Sleeplessness

“Stressed people sleep poorly and have rotten dreams,” says Melbourne GP Dr Malcolm Clark. “Some people are too stressed to sleep, and after a while this poor sleeping becomes a habit.”

Ackerman says losing two hours of sleep out of a regular eight is equivalent to drinking two or three beers. Losing four hours is like drinking five.

Cure: Enforce sleep hygiene

It’s hard to say what came first – the poor sleep or the mind-frying stress. When it comes to stress and sleeplessness, each perpetuates the other.

“Allocate 20 minutes of worry time earlier in the evening to objectify your problem and consider a solution,”



recommends Mandel. “Pen and paper work well here. In this way, worrying becomes a defined activity with an end to it.”

Get your body into a sleep pattern by going to bed at the same time nightly and ditch the laptop and other light-emitting devices from the bedroom. Reading a thriller or treatise on logical positivism probably aren’t a great idea as they’ll only fire you up.

Practising a relaxation technique before bed – an aromatic bath, meditation or massage – can ameliorate the wakeful effects of stress.

Sign: Poor immune function

Colds and cold sores? Check your stress. “A single stressful event tends to rev up the system, enhancing its performance,” says Ackerman. “But unremitting stress has the reverse effect. Some 150 studies suggest that incessant stress dampens the immune response and makes people more susceptible to infection. People who endure stressful conditions for more than a month – debilitating grief after the death of a family member, divorce, or loss of a job – are far more likely to come down with a cold than those less frazzled.”

Stress also slows the healing process.

“Psychological stress, it turns out, inhibits a key component of the early stages of wound repair, the secretion of chemicals involved in healing known as pro-inflammatory cytokines,” says Ackerman.

Cure: Laughter/socialising

“Doctors call humour ‘free medicine’, and exercise physiologists call it the ‘inner treadmill’ because it has benefits similar to exercise,” says Mandel. “Humour strengthens not only our muscles but our brain as well. For example, laughter enhances our problem-solving ability because it helps the brain de-stress and do its work with a clear focus. Laughter also provides pain relief by releasing endorphins, which especially reduce aches and pains that are induced by stress.” ■



NOW THAT WE HAVE YOUR ATTENTION!

**Organising an event soon?
Forget the Hardware!**

Ivvy's event software
is Powerful, stylish &
easy to use!



SIGN UP TODAY!

& receive a FREE gift
valued at \$250

www.iVvy.com/fitness

iVvyTM
WIRED. REALTIME.

Armour Drama

In a fiercely competitive career-loving culture, it can be hard to tell ambition from a malignant personality. While exposure to one can bring out your best, contact with the other can make life miserable and even undermine your credibility. Here's how to protect yourself.

Words: David Goding

It's entirely possible that the person sitting next to you is a sociopath or psychopath. Contrary to cultural rhetoric espousing overt craziness, Hannibal Lecter style, real-life sociopaths and personality disordered peers, such as psychopaths and narcissists, often appear not only normal, but extra endearing. Then again, if you're inclined to earmark every colleague as some sort of personality pariah, maybe it's you who has the problem – hello, paranoid personality disorder. Personality disorders are, to the untrained eye, almost impossible to spot – at least until one has well and truly been seduced and wrapped in a sticky web. Worse, the defence-driven causes of related behaviours paradoxically often blind sufferers to their own maladaptive mechanisms and make attempts to point them out like pouring water on an electric fence. It can be a double bind.

Aside from effectively blinding sufferers to their own peculiarities, personality disorders often occupy a blind spot in detection and diagnosis. While an estimated 6.5 per cent of adults will suffer a personality disorder at some stage during their lifetime according to the Australian National Survey of Health and Wellbeing, abundant expert commentary and the nature of PDs suggests that the figure could be much higher.

The difficulty is that we each have a personality comprising countless bits of code (or as textbooks call it, traits), each of which sits somewhere along a line from non-existent to extreme. Put them all together and you have more possible combinations of traits and degrees than a casino safe. So where is the line between

eccentricity and pathology? Is that character assassination when you ask a colleague to correct something a hint that your peer has a seismic faultline fit to be classed as 'disordered' – pointing out a mistake or imperfection could activate a deep-seated belief that they are incompetent, fear that they might be or resentment towards a parent who inflicted constant ridicule – or is it merely an immature response? After all, no one likes criticism.

"A personality disorder is diagnosed when someone's personality traits cause disruption in a person's social or occupational functioning," says clinical psychologist Dr Christopher Lee from Murdoch University. Unlike, say, a cold, however, resolving symptoms of a personality disorder is not merely a matter of waiting for the immune system to settle after knocking out pathogens – although the defence metaphor is fairly accurate.

"Personality traits themselves are enduring patterns of thinking, feeling and behaving, such as shyness or the need for excitement," Dr Lee says. "These traits begin in childhood and tend to persist throughout a person's life. However, when these traits begin to be associated with interpersonal or work difficulties, such as anger or needing to always rely on others, then they can lead to a disorder."

Dr Lisa Warren, a clinical psychologist at Monash University's Centre for Forensic Science, says a personality disorder consistently disrupts functioning – unlike a bad mood or tendency to overreact. "A personality disorder is an enduring pattern of maladaptive behaviour that stems from a person's inner experience," he says. "People with

personality disorders have patterns of thinking and deeply ingrained attitudes that result in them behaving poorly and causing distress to themselves and others."

The making of abnormal

There hasn't always been such a thing as personality disorders. They arrived with psychiatry's campaign to categorise and medicalise most aspects of human thought and behaviour. The cynical view posits that this bid to reimagine psychiatry as a science was engineered to create a market for psychotherapeutic pharmaceuticals. While some psychiatrists such as Emil Kraepelin believed that personality disorders were less severe but more chronic forms of psychotic disorders, others like Kurt Schneider suggested that they were separate disorders. While personality disorders entered mainstream consciousness in the 1950s, when they secured space in psychiatry bible the *Diagnostic and Statistical Manual of Mental Disorders*, experts remain divided about their constitution. Part of the disparity owes to disparate diagnostic systems. "There are between eight and 10 types of personality disorder depending on the diagnostic system that is used," says Dr Warren.

"They are seen as being clustered into three types based on the similarities between the personality traits."

Personality comprises a combination of genetics and environment, with genetics being the bigger player. To a certain extent, the personality you're born with is the one with which you die – but what happens in between can strengthen some traits and weaken others. You may be born with a genetic personality vulnerability,

“
Brain scans have revealed that PSYCHOPATHS ARE LARGELY SHAPED BY GENETIC DISPOSITION, which is suppressed or incited by their environment.
”

which lies dormant until triggered by a major life event, permanently changing life as you know it. Because they are seen as a product of both genes and environment, PDs are not diagnosed before 18 years of age.

While anyone can have a personality disorder, certain characteristics make it more likely. Being in your 20s and 30s, unmarried and suffering mental health concerns such as anxiety or a mood disorder makes it statistically more likely that you will incur a PD. The theory that people with PDs have been victims of traumatic childhoods holds true in some cases, but isn't a blanket rule.

"Personality isn't personal, it's biological," argues Hannah Holmes, author of *Quirk: Brain Science Makes Sense of Your Peculiar Personality*. "It's a series of dials – extraversion, neuroticism, agreeableness – each set to a different temperature. Even the 'nurture' half of personality, which we once thought could counteract the nature of genes, now looks [to be] biological."

Indeed, brain scans have revealed that psychopaths

are largely shaped by genetic disposition, which is suppressed or incited by their environment.

"They have decreased activity in the orbital cortex – the part of the prefrontal cortex just above the orbits, or eye sockets – and the nearby ventromedial prefrontal cortex," says Dr James Fallon, neuroscientist and author of *The Psychopath Inside*. "These are involved in inhibition, social behaviour, ethics and morality. Psychopaths would also have damage to the front of the temporal lobe, including the amygdala, which processes emotions, leading to cold behaviour."

Dr Robert Hare, psychologist and author of *Snakes in Suits* as well as the landmark *Without*

Conscience, says that sociopathy, on the other hand, is strongly influenced by environment.

"Sociopathy is not a formal psychiatric condition. It refers to patterns of attitudes and behaviours that are considered antisocial and criminal by society at large, but are seen as normal or necessary by the subculture or social environment in which they developed," he says.

Narcissism is often blamed on a materialistic culture that praises superficiality and lauds wealth and its trappings as a sort of status symbol religion. There is a distinction between narcissism as a shared societal trait and narcissistic personality disorder, although the former mightn't help the latter.

"We live in an era in which histrionic and narcissistic types are coming to the fore. The forces of social networking and reality TV have rapidly expanded the histrionic universe to the point where anyone with a histrionic streak might end up on TV, letting it all hang out," says psychiatrist Dale Archer, author of *Better Than Normal*.

Dr Hare's description of narcissism suggests that the social media age is the perfect storm. "Narcissists think that everything that happens around them, in fact, everything that others say and do, is or should be about them," he says. "In social situations where this

is not the case, they will take action to become the centre of attention, such as hogging the conversation or belittling others. Narcissistic people lack other choices in their behavioural repertoire, like paying attention to the needs and wants of others, sharing the floor, and negotiating with others for attention and feedback."

Defining normal

Just because you're a bit of a prickly pear in social settings or keep to yourself at work doesn't necessarily mean you've got a PD. That nuanced puzzle might just be your personality, which is naturally prone to overreaction and self-defence when inadvertently or intentionally prodded. Diagnosing a PD is difficult for experts, let alone the layperson.

"To know whether you or a person you are concerned about is suffering a personality disorder, you need to see a psychiatrist or clinical psychologist who can take a thorough history and examine the pattern of disruption in daily life," says Dr Warren.

Typical symptoms clinicians look for include frequent mood swings, social isolation, unreasonable angry outbursts, mistrust of others, difficulty making friends, poor impulse control, need for instant gratification and alcohol abuse, depending on which PD they suspect.

Because of the subtleties native to even the healthiest personality, Dr Archer warns against arbitrating based on limited cues.

"Our current way of thinking about personality can be summed up in a single phrase: 'the box called normal'," he says. "Inside this box we put everybody who seems okay. Once upon a time, the majority of folks fit into this box because most of us thought of ourselves as, well, normal."

"But here's the problem. The box called normal is getting smaller and smaller and smaller

every day. It used to be that only those people with very serious conditions and problems – psychosis or severe mood disorders – would be kicked out of the box.

"No matter how different the rest of us were from each other, we were all crammed in the box together, just being ourselves."

In the era of self-help and lucrative solutions to problems that might not exist if not for marketing (wrinkles, sadness, you name it), sanctioned competition and related atomisation abets what sociologists term 'othering'. You, psycho. Me, coolly idiosyncratic hipster.

"Some believe they are untreatable conditions which will affect the person adversely for the duration of their lives," says Dr Warren. "I believe this is an ill-informed view. The greatest success occurs when your psychiatrist or psychologist has identified the traits and patterns of maladaptation and provided a treatment program."

The traditional approach to treatment is cognitive therapy.

"Treatment takes time and an extraordinary effort on the part of the sufferer who needs to be brave in accepting the habits they have formed which cause them and others distress. Clinicians gently encourage this acceptance and then provide practical strategies to approach life with new habits and a new perspective."

Newer treatment methods include dialectical behaviour therapy (DBT) and new psychotherapy amalgam Schema therapy. DBT is essentially a new take on cognitive therapy, teaching distress tolerance, emotional regulation, interpersonal effectiveness, and encourages mindfulness, in the form of Zen-like meditation.

"Recent studies of patients with borderline personality disorder have found that after treatment with Schema therapy or DBT, people no longer meet the criteria for a personality disorder," says Dr Lee.

“
THE BOX
CALLED NORMAL
IS GETTING
SMALLER AND
SMALLER AND
SMALLER
EVERY DAY.
”





Armour Edge:

PATHO DETECTOR

The nature of personality disorders means they can sneak up and before you know it, the sweet colleague with whom you have lunch is a thorn in your side. The frightening part is that by the time many people realise they've been sucked into a web, they have become a pawn in an insidious game. Worse, escape is not as simple as walking away or even addressing concerns directly with the person, as confrontation would likely provoke their defences and help to maintain the symptoms (cruel, right?) Often the person's response to being confronted about their behaviour is severe and as unbalanced as the original behaviour – it could threaten your job or career or at least attract nasty counter-attacks. Clue up on these early hints to minimise risks of finding yourself in a no-win bind.

NARCISSIST

Narcissists can be annoying but are rarely as damaging as their sociopathic or psychopathic peers. As a colleague, your choice is often a simple one, between stroking their ego and walking away. Caution, however, is needed. If you fuel their self-love too much you may carve a niche for yourself in their game. As a bit part in their theatre, you might be able to leverage the narc's favour by having them translate their adulation of you to a recommendation for your promotion, but you also face a minefield and if you fall out of favour, you could face their wrath.

At Work

"Being described as narcissistic is not necessarily a bad thing, according to these individuals, as they see pathological self-admiration as merely a natural reaction to their obvious perfection," says Dr Hare. "After all, 'what's not to like about me?' Some narcissists even may complain that their talent and beauty are burdens they must bear.

"The real problem for others is when narcissistic features, especially a sense of entitlement and a lack of empathy, shade into antisocial and destructive behaviours," Dr Hare says. "When this happens, the pattern might be described as aggressive or malignant narcissism, which is difficult to distinguish from psychopathy."

While it's less likely to incite violence than confronting, say, a psychopath, addressing your concerns with a narcissist is unlikely to bring the resolution you'd like. While stroking their ego might seem easiest, if you become what's known as narcissistic supply, you are also wont to inflict or witness a narcissistic wound, which can get ugly.

PSYCHOPATH

"Psychopaths are social predators who charm, manipulate and ruthlessly plow their way through life leaving a broad trail of broken hearts, shattered expectations, and empty wallets," says Dr Hare.

"Completely lacking in conscience and in feelings for others, they selfishly take what they want and do as they please, violating social norms and expectations without the slightest sense of guilt or regret."

Unfortunately, you probably won't see them coming as many may appear normal, in control and even likeable. A captivating smile, powerful presence, mesmerising mannerisms, soothing voice and other compelling traits can be used to charm and seduce. "Any one of these characteristics can have enormous sleight-of-hand value, serving to distract you from the individual's real message," Dr Hare says. Psychopaths and indeed sociopaths are generally charming and verbally fluent. "You probably know one," says Dr Hare. "You could work for, work with, or be married to someone with a psychopathic personality and not know that there is a formal psychological term for

the individual who causes you so much pain and distress. He or she can be a neighbour, friend, or family member whose behaviour you may find fascinating, confusing, and repelling."

While many candidates are aware that they are somehow different, some never dispel the illusion that everybody else thinks and behaves as they do.

"At a basic level, a person with a personality disorder has a limited range of stereotyped 'solutions' that he or she applies to most of the problems encountered in life," says Dr Hare. "Those without a personality disorder are able to apply a variety of behaviours depending on what best suits the situation."

Yet Dr Hare also warns against snap-diagnoses. "It's only [a concern] if a lot more of the relevant characteristics are present."

The current go-to test, developed by Dr Hare, is the PCL-R, a clinical rating scale of 0 to 40, whereby 20 behavioural traits grouped into categories of interpersonal, lifestyle, affective and antisocial are assessed by a psychiatrist. Most people score below five, the average among criminals is close to 20 and typical psychopaths score 25 to 30.

At Work

"Psychopaths use impression management to get you to share your assets with them," says Dr Hare. "They may prey on your generosity, trusting nature, or sense of charity. They may cause you to take pity on them if that feeling gets you to help them in some way."

If you suspect that someone at work is malignant, avoid doing their work for them and resist their attempt to get you to hide their own poor performance, says Dr Hare. "These forms of collusion are quite common and will be used against you should a psychopath decide you are no longer useful to his or her career." Do not confront the co-worker you believe to be a psychopath.

SOCIOPATH

Less attention-seeking than narcissists and less destructive than psychopaths – although they certainly have the potential to effect a tempest – sociopaths are charming, usually intelligent, often antisocial, insincere and completely unreliable. Sociopathy (also referred to as antisocial personality disorder) and psychopathy are often compared, used interchangeably or imagined as different scales of the same condition. Yet sociopaths have a whole different set of needs to meet through their extreme ways.

"Through dual quirks of genetics and environment, I suffer from what psychologists now refer to as antisocial personality disorder," says M.E. Thomas, the pseudonym of a practising lawyer, infamous sociopathic blogger and author of *Confessions of a Sociopath*.

"Key among the characteristics of the diagnosis are a lack of remorse, a penchant for deceit, and a failure to conform to social norms. I prefer to define my

sociopathy as a set of traits that inform my personality but don't define me: I am generally free of entangling and irrational emotions, I am strategic and canny, I am intelligent and confident and charming, but I also struggle to react appropriately to other people's confusing and emotional-driven social cues.

"I may have a disorder, but I'm not crazy."

Sociopathy is considered three to four times more common than psychopathy.

"Sociopaths may have a well-developed conscience and a normal capacity for empathy, guilt, and loyalty, but their sense of right and wrong is based on the norms and expectations of their subculture or group. Many criminals might be described as sociopaths," Dr Hare says.

Before you submit a transfer application, remember that there are plenty of completely non-violent sociopaths as well as plenty of violent non-sociopathic people.

At Work

It wouldn't be shocking to discover that a C-level boss was a sociopath; they like to fly high and satisfy themselves with hallmarks of superiority and power. You can minimise any potential damage if you fall out of favour with them (and they try to take you down) by investing energy in your own reputation.

American psychologist and author of *The Sociopath Next Door*, Martha Stout, suggests noting and recording instances of bosses publicly lampooning you or peers for phantom mistakes, wielding sarcasm or bosses pitting colleagues against each other (divide and conquer). Keeping records

is crucial as when met with being doxxed in to HR, it's unlikely you'll win – they're cunning. Note dates, times, circumstances and witnesses.

If you're really game, schedule a time to confront the person, referring to specific indiscretions, but be aware that while it could show the protagonist that you're not their pawn, it could also make you a bigger target or bring you into disrepute in the eyes of management. Alternatively, they might don their chameleon suit and charm you back to believing you made a mistake – for the whole thing to happen again. Be alert but not alarmed. ■

The Standing Desk

Without the Total Office Makeover



WorkFit-T ships fully assembled and sits on your existing desk.



Sit and stand in complete comfort.



Roomy enough to fit your equipment.

The WorkFit-T from Ergotron quickly converts your existing desk into a healthy sit-stand workstation. Its compact design fits on even small desktops and makes it easy to move your displays, keyboard, and *especially your body* into a comfortable sitting or standing position throughout the day. It may be your smartest work decision yet. Join the JustStand® Wellness uprising with WorkFit-T.

ERGOTRON®

workfit.ergotron.com



DESK & DISORDER

The desk job may be one of the most self-defeating things humans have coined, but being aware of ergonomic hazards is the first step in steering your nine-to-five towards musculoskeletal and metabolic health and global vitality.

Words: David Goding

Kicking back in your designer office chair, sipping your latte, cruising the social media pages and occasionally doing a bit of real work, you could be forgiven for thinking you've landed the dream job. Sure, you may succumb to random moments of office stress, and may have days that have periods that could loosely be described as 'hectic', but you'd hardly consider it exerting yourself. You're not going to bed at the end of a long day physically spent.

And that's half the problem, as it turns out. Sitting around at right angles for eight to 10 hours a day can be disastrous for our physical and mental health. Add to this the extra sit-down commute and lounge-time down time and by bedtime you haven't spent much time on your feet at all. What's the problem, you ask? Well, it's the fact that as humans, we're designed to move, on our feet, most of our waking hours.

"Sitting was once a break in a busy day. Now it is the singular way most of us spend our time," says Dr James Levine, obesity expert and author of *Move a Little, Lose a Lot*.

"Did you ever stop to think whether your body was equipped to sit for 13, 14, 15, or maybe more hours a day? Did you ever consider what happens to your heart, muscles and metabolism when you sit virtually immobile for more than 80 per cent of your waking hours?

"Most of us haven't. We just accept it as the 'way it is'."

The result of this sedentary 'way', argues Dr Levine, is skyrocketing obesity and a life span that is actually starting to decline among many walks of life, despite all the recent medical innovation and progress.

"It's a case of chair today, gone tomorrow," he says.

Sitting disease

The outlook for our workstation nation isn't looking too rosy. All that work, with no workout, may feel like you're being kind to your body but it's exactly what it doesn't need.

"We are made for physical activity, not for sloth," says Jennifer Ackerman, author of *Sex Sleep Eat Drink Dream – A Day in the Life of Your Body*. "Without a workout of some kind – walking, climbing steps, rowing, hunting – our bones thin and our muscles atrophy. Loss of muscle and bone from lack of exercise tends to start in our late thirties and early forties. By age 50, the sedentary among us may have lost as much as seven per cent of our muscle mass."

How did it come to this? When did we become such slothful creatures? Only recently, it seems. If you're over 40, then you can blame your own generation for promoting the growing lack of movement. If you're under 40, simply blame your parents.

"In the past 50 years – a blink of an eye in the history of all of humankind – we got so good at developing ingenious time-and labour-saving devices that we literally started running the world not from our feet as nature intended, but from our behinds," says Dr Levine.

"Our finely tuned human machine – the product of millions of years of perfection through evolution – is now short-circuiting as we've become completely glued to our chairs during the past 10 to 20 years. Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression, and the cascade of health ills and everyday malaise that come from what scientists such as myself have named sitting disease."

Back to work

The most obvious sign of sitting disease is the bad back. Most commonly the result of poor posture while sitting for hours on end, back pain is becoming so common that pretty soon those who are pain free will be considered the exception rather than the rule. More than 50 per cent of us experience a painful episode relating to the back in any given month, with the estimated cost of treatment ballooning out to \$1 billion a year, with \$8 billion in lost productivity and sick days for your employers. Yes, it's in their interest to get you standing up, regularly.

"Sitting for long periods of time can eventually lead to compression of

the spine and postural fatigue," says physiotherapist and founder of Back in Motion, Jason T. Smith. "These are two of the most detrimental factors in the cause of back pain.

"Sitting at your desk, with correct posture, shouldn't feel like hard work. If it does, it's quite likely that you will soon feel fatigued or become distracted and will lapse into a dangerous, ineffective posture. If you find that you can't sit or stand comfortably in a neutral position (with good posture) for more than five to 10 minutes, it's very likely that you have poor core stability as well."

Perfecting posture

So what can you do, in practical terms, to improve your posture and your health? Plenty, and you don't even need to change jobs to do it.

Though it may seem as if you're strapped to your office chair, in reality you can be relatively mobile and still meet that deadline, without a groaning back pain by the end of it.

"A fun and proven way to improve your posture and stimulate your core stabilising muscles is to practise dynamic sitting with a physio ball," says Smith. "Sitting on a physio ball rather than your desk chair creates an immediate dynamic environment that demands continuous micro adjustments to your posture. I recommend swapping between your desk chair and physio ball a couple of times a day."

'Mixing it up' in general is a great way to maintain mobility and muscle strength. Walk whenever you have an excuse to do so. Physically walk to the next department rather than emailing, structure your day to include odd jobs that get you out of your chair, if only for a few minutes at a time. Ride a bike to work or to an out-of-the-way café for lunch.

"It's vital to make a conscious effort to get out of your chair every 30 minutes," says Smith. "In doing this, the blood flow through your body will increase and your muscles will be given the opportunity to relax and reset. Doing some gentle stretches while out of your chair will also be beneficial."

When commuting long distances by car, it's worth taking a moment to get the seat right. Sounds simple, but most of us don't bother.

"The human spine isn't designed to be perfectly straight," says Smith. "A healthy back has gentle curves that extend from

the neck all the way to the base of the coccyx. Your posture when driving a car should reflect this.

"Rather than hunching over your steering wheel when driving, tilt the seat back a little to reflect the natural curves and arches of the spine.

"You may like to use a lumbar support pillow to ensure the small of the back is further supported in the seat when driving long distances."

Workout express

So you've only got 25 minutes for lunch and it's looking like you're going to be late getting home from work for the rest of the week. With the limited time you have available, squeezing in a workout hardly seems worth the effort.

This is when you need to think smarter about how to maximise your workout time and get more bang for your 15 to 20 minute session rather than abandoning your trip to the gym entirely. Enter circuit training.

"Circuit training involves completing around six to 10 different exercises in succession to develop one or many fitness components," says Mark Simpson from Pace Health Management.

"You can incorporate exercises to improve muscle strength, power or endurance, cardiovascular endurance, flexibility, core stability, sporting skills and balance. It is your choice on what fitness components you would like to focus on."

For this reason, anyone can do circuit training, from absolute beginners right through to seasoned professionals. Exercises that are popular inclusions in circuit training include sit-ups, chin-ups, free weights, running or treadmill work, lunges and step work, but you are only limited by your imagination.

"You should always include some fun activities to keep the sessions enjoyable," says Simpson.

Each activity is followed by a period of rest before moving on to the next activity, and so on. Again, you decide on the length of time that you exercise as well as the amount of time that you rest.

"As circuit training is so versatile, it is easy to vary to keep up your motivation and ensure you continue to progress," says Simpson.

"You should change all of your exercises every four weeks. After this time your body begins to get used to the exercises, so you need to change in order to challenge your body."

Because circuit training incorporates a number of different exercises, it gives you the chance to work harder than if you were doing

just one exercise, such as running or walking. There is also considerably less fatigue on single parts of the body.

Join a gym close to your work so you can pop in after work, at lunchtime, or when an unexpected window of opportunity arises. Even better, find employment with a company with an in-house gym.

Exercise for the mind

Not only does sitting throw the body into a downward spiral, it has a profound debilitating effect on the brain as well. If you're prone to depression, anxiety, seasonal affective disorder (SAD) or just the general midweek malaise, then spending hours glued to the chair/couch/car seat can really drag you down.

"More than a hundred studies have found that aerobic activity reduces feelings of anxiety," says Ackerman. "People who work out daily feel the biggest benefit, but just 15 minutes of activity two or three times a week can lift spirits for two-to-four hours after exercise."

Exactly how exercise works on the brain isn't fully understood, however. It's long been believed that the feel-good effects, or 'runner's high', come from the endorphins that are released into the system. True, endorphin levels can increase by as much as five times during, and following, exercise. But this doesn't explain the entire effect.

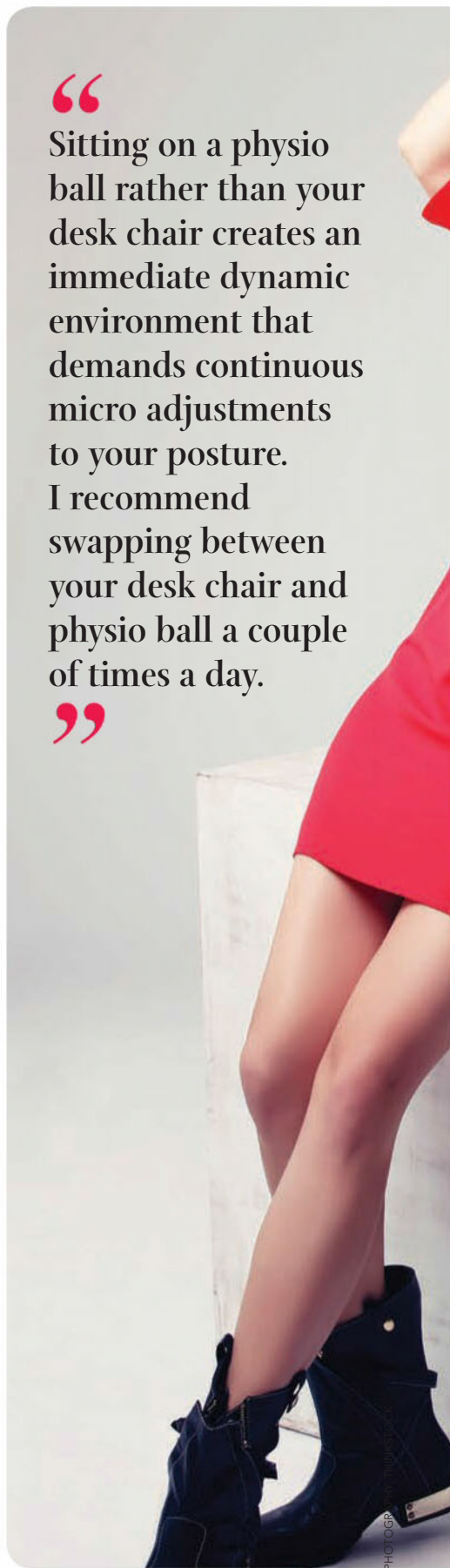
"A rise in endorphins is often associated with improved mood, but it remains unclear whether the two phenomena are linked," says Ackerman. "According to some neuroscientists, endorphins circulating in the blood don't easily cross the semipermeable blood-brain barrier to reach the brain. The uplifting effect may be due to a boost in levels of other chemicals, such as noradrenaline, serotonin, and dopamine – that chemical active in stimulating the brain's reward centre. Most likely the mood lift comes from the interaction of all these chemicals and others."

Interestingly, you can receive similar physical benefits of exercise by merely thinking about doing it. No need for the gym at all!

"Scientists have learned that putting people on a regimen of mental gymnastics – instructing them to think about bending a finger or an elbow, or flexing an arm muscle – actually strengthens the muscles involved in the action, most likely because it served to reinforce the brain's nerve signals to the muscle.

So for your next 3pm daydream, go for a strenuous imaginary run around the block and reap the rewards.

“
Sitting on a physio ball rather than your desk chair creates an immediate dynamic environment that demands continuous micro adjustments to your posture. I recommend swapping between your desk chair and physio ball a couple of times a day.
”





DESK-ILATES

No, it doesn't involve sipping a latte and staring out the window, though this may give you the impetus for the goal at hand. It involves a bit of yoga, a little bit of Pilates, performed in close proximity and sometimes with the aid of your beloved desk.

We enlisted Sandy Blaine, renowned yoga expert and author of *Yoga for Computer Users*, to provide us with a few simple tips.

SEATED MOUNTAIN POSE:

"Clasp your hands with your fingers interwoven, so when you turn your palms away from you, the fingers are against the backs of the hands," says Blaine. "Place your clasped hands on top of your head, with your palms turned upward and your fingers touching your head. Lengthen your spine by gently pressing the crown of your head into your hands. Next, straighten your arms, keeping your fingers interlaced and stretching your palms upward, as if you could place them on the ceiling."

A variation on the seated mountain includes placing a block (or a water bottle) between your hands for an added strength test.

SEATED LION POSE

"Place your hands on your knees and, keeping your spine straight, lean slightly forward and lift up through your chest, straightening your arms and gently arching the back," says Blaine. "Let the head tilt upward, but do not squeeze or shorten the back of the neck; keep a sense of space at the base of the skull where it meets the spine."

"As you lift through the head and chest, let your eyes open and look down to gaze lightly at the tip of your nose. Take a deep inhalation through your nose. Then open your mouth as wide as you can and stick your tongue out and stretch it toward your chin. As you exhale through your mouth, let go with whatever sound wants to come out. This is the roar of the lion."

"Repeat this exercise three to five times, letting the sound become a bit louder each time. The wider you open your mouth and the farther you stick out your tongue, the greater the release."

SEATED TWIST POSE

"Sit sideways on your chair, with your right side facing the back of the chair," says Blaine. "Sit up tall, lengthening from the tailbone to the crown of the head, and take hold of the back of the chair with both hands, one hand holding each side of the chair's back. Maintaining a long spine and keeping your shoulders relaxed, gently turn your torso to the right. Use your hands to help guide the movement, but don't be forceful."

"Feel the twist beginning at the base of your spine and travelling, or spiralling, upward, so that the head is the last thing to turn, following rather than leading the movement. The movement should feel good, so stop when you reach a comfortable level of stretch and hold there, breathing naturally, for 30 seconds to one minute."

Repeat on the other side.

SUPPORTED SPINE-STRETCH POSE

"Stand in front of the table with your feet hip-width apart and parallel to one another," instructs Blaine. "Place your hands on the table, palms down, and then step back with both feet, dropping your chest and walking back until your arms are straight, your heels are under your hip sockets and your spine is approximately parallel with the floor."

"Keep your head in neutral between your arms with your feet pressing firmly into the floor, still parallel to one another and hip-width apart. Lengthen backward through your spine, thinking of uncurling your tailbone as you stretch it away from the crown of your head."

"Breathe naturally and easily in this stretch for 30 seconds to one minute. To come out, keep your hands on the table to support your back as you walk forward." ■



IQ BOOST

Reckon you're an undiscovered genius or labouring under the illusion that you copped the silly gene? The word 'intelligence' has sidelined all sorts of smarts with equal or more value than standard IQ measures. It's time to gauge your grey matter.

Words: Harriet Edmund

Intelligence is mired in semantic inferences of stability. You're either MENSAs material – or you're not. Yet according to the *Macquarie Dictionary*, intelligence better approximates adaptability.

According to Melbourne psychologist and neurologist Ben Buchanan, being truly intelligent is about responding to your environment to achieve your goals.

"In this world of social relationships, what's the point in having a high IQ if you can't get what you want from life because you have poor social skills?" he says.

In other words, someone who scores highly on traditional measures of intelligence and aptitude can fail to learn from mistakes and, as such, fail to achieve their goals.

There are more hypotheses about intelligence



She's a brainiac

Forget smart drugs. Upgrading your mental chops could be as simple as adjusting your schedule to honour your brain's best times. Studies suggest that for most people, concentration peaks around 10 am, making morning the optimal window for more focused brain work. Conversely, the afternoon, after a slight temperature dip that can invite fatigue, is generally more conducive to creative brainstorming and phone calls. If you need to schedule a meeting or presentation, leverage optimal verbal skills, which peak around midday.

bored or frustrated in the role," says Buchanan, from Victorian Counselling and Psychological Services.

The IQ illusion

There is a point to having a concrete measure of smartness, even if its meaning has practical limitations – not least to level unrealistic assessments made by our own noggins about how clever we are. The effect of thinking one is smarter than the average citizen was documented by Dunning and Kruger in their renowned Dunning-Kruger Effect, otherwise known as illusory superiority. Surely you've heard the observation, 'But most people aren't very smart' (and in the same breath, that everyone else is a bad driver).

Statistically, of course, it's impossible for most of us to be above average. The sobering fact is that your IQ score falls somewhere between 85 and 115 – along with two thirds of the population. The point? Not much. More important may be how well you align your strengths with the way you spend your nine-to-five. If you're terrible with numbers but great with words, an accounting role is likely to portray you as less competent and less clever than copywriting, for instance.

The IQ test actually recognises that discrepancies between levels of acumen can obscure results. IQ assessments that show vast discrepancies between high skill in one area and low in another are disregarded.

"More insight can be gained from looking at the patterns of strengths and weaknesses across the multiple intelligences," says Buchanan.

The term 'genius' is similarly fraught, experts say, lumping it in with words such as 'good' and 'nice' – meaningless without a context and enlivened by value judgments. Far be it from us to dispute your brilliance, but contrary to stereotype, there is no basis for terms such as 'tortured genius' or links between high creativity and off-the-charts brain brilliance. (D'oh.) Buchanan says that genius is defined by the societal values du jour and that people are deemed to fit the framework or not based on how highly society values their brand of output. Claude Monet was ridiculed for his controversial work yet is now considered an artistic genius. Van Gogh sold a single painting during his life yet now is the undisputed king of prodigious paintwork. Professor Nick Haslam, of the Melbourne School of Psychological Sciences,

than you can poke an abacus at.

According to Howard Gardner, who coined multiple intelligence theory in the 1980s, there are eight types of intelligence: musical-rhythmic, visual-spatial, verbal-linguistic, logical-mathematic, bodily-kinesthetic, interpersonal, intrapersonal and naturalistic. The triarchic theory coined by Robert Sternberg measures componential, experimental and practical categories, accounting for the contention that intelligence is how well you deal with environmental changes throughout your life. The trend in contemporary cleverness

appraisals puts emotional and social intelligence on par with – if not above – academic achievement.

In his book *Emotional Intelligence: Why It Can Matter More Than IQ*, psychologist and science journalist Daniel Goleman says that the culturally sanctioned definition of human intelligence is far too narrow. Emotions, he says, play a major role in thought, decision-making and individual success.

Organisations are also recognising a broader purview to optimise hiring decisions. "Agencies purposefully seek people of average intelligence so the person won't get



says a genius is “a mixture of very high intelligence, high creativity, good luck and a lot of hard work”.

Gifted kid syndrome

Were you a gifted kid? Great. Now forget it. Stephanie Kakris, of High Performance Coach, says being put on a brain pedestal in your formative years doesn't shore up success in the adult world. Focusing on how clever your teachers said you were can be an encumbrance to real world success.”

“The two strongest qualities a person can possess are determination and persistence,” she says. “The ability to continue to work towards your goals in the face of setbacks is critical to success.”

Realising your weaknesses and being open to addressing them won't necessarily boost your IQ score, but it can help you get what you want out of life. “It's the best way to avoid the mistakes you've been making over and over again, while being blissfully unaware of them,” adds Buchanan.

So perhaps personality is a far better predictor of happiness than your IQ score.

In fact, the personality characteristics of conscientiousness – paying attention to other people's needs – the inclination to plan ahead and being open to new experiences are considered more valuable in life than having a high IQ, concludes Buchanan.

Left, right, maybe

Another one to put in the rubbish beliefs collection is that your brain takes sides. While the standard thinking says that your brain's left hemisphere is all about logic and reason and the right is about intuition and emotion, no one's brain is so clearly defined in its functioning.

“Intelligent thinking and behaviour requires the coordination of the whole brain. However, there are some parts of the brain that are specialised for some of the skills involved in aspects of emotional intelligence, such as recognising emotions expressed in the face and inferring other people's mental state,” says Prof Haslam, “while creativity requires an associative style of brain functioning rather than a purely linear or logical mindset.”

Verbal processing usually uses the left side of the brain, so intelligence tests that rely on vocabulary, verbal reasoning and comprehension will largely assess your left hemisphere function. Of the MRIs Buchanan has studied, he says the more educated his patients are, the bigger the disparity between the right and left side of their brains.



Contemporary thinking says success depends on recognising and leveraging your strengths while relegating areas in which your weaknesses rein to lower roles (like leisure..whether you're good at badminton doesn't really matter). These tips might just give you the mental edge.

Rest

Nothing will drain your brain faster than sleep deprivation. “Being well rested means you will use your cognitive skills more efficiently, because tiredness, anxiety and stress interfere with mental clarity, focus and concentrated effort,” says Prof Haslam.

GIVE IT A CRACK »» Sleeping even seven hours a night will slowly add up

to a costly sleep debt when it comes to brain function according to recent University of Pennsylvania and the Walter Reed Research Institute studies. Getting six hours a night for two weeks resulted in participants having the “cognitive equivalent of being legally drunk”. Best aim for eight hours or more every night!

Play

The jury is still out on whether cerebral exercises have any long-term effect on mental performance. "The main problem is that although people can train themselves to do better on particular tasks, the performance improvement rarely generalises to other tasks and abilities," says Prof Haslam. But a 2008 study, called Improving Fluid Intelligence with Training on Working Memory, was the first research to show it might be possible to increase your intelligence to a significant degree through training.

GIVE IT A CRACK >>

Neuroscientists have designed a series of games called Lumosity to help challenge certain parts of your brain. The online and smartphone resource lets you exercise core cognitive abilities whenever and wherever you like.

Work Out

Physical exercise – the type that really gets your heart pumping – has been proven to have long- and short-term benefits on your brain. New research from Boston University School of Medicine shows that physical activity is beneficial for brain health and cognition. The findings published in *Behavioural Brain Research* suggest certain hormones, which are increased during exercise, may help improve memory and processing speed.

GIVE IT A CRACK >> Get at least 30 minutes of moderate-intensity physical activity into most, if not all, days of the week. You can break it into short bouts such as three 10-minute sessions each day.



Mingle

Whether you have that twinkle in your eye that some say gleams from exceptionally smart folk or you prefer sticking to the conversation basics, networking is the perfect way to boost your know-how and social intelligence. "A big part of success in life is the ability to build strong interpersonal relationships – be they in a netball team, a family unit or at work," says Kakris.

GIVE IT A CRACK >> Mixing with new people, ideas and environments opens you to new opportunities for growth. Ideally, networking is done through face-to-face interactions, but Andrea Kuszewski, a behaviour therapist from Florida, told a 2010 Harvard University intelligence seminar that social media can also be used to maximise your cognitive potential.



Meditate

Meditation improves memory, increases brain size, makes both brain hemispheres work together and enhances your emotional intelligence according to the Exploration of Consciousness Research Institute. Plus, a 2012 study published in *Frontiers in Human Neuroscience* found that participating in an eight-week meditation training program had measurable effects on how the brain functions even when you are not actively meditating.

GIVE IT A CRACK >> There are various meditation practices, but the Australian Teachers of Meditation Association says it's broadly a discipline that involves turning the mind and attention inward and focusing on a single thought, image, object or feeling. A quiet space makes meditation easier and you don't need to take up any particular posture, just be comfortable so that you don't need to readjust part way through the practice. Kakris, who teaches meditation, recommends starting with a guided meditation using an app such as Relax and Rest, which gives five-, 13- or 20-minute options with music or nature sounds. ■

YOUR BEST >> LOVE IT



FULLY CHARGED

Being full of beans is more complex than $E=mc^2$ suggests. We mine the science of energy synthesis and find simple ways to get more.

Energy's a weird thing. In the strict physics sense, it's simply potential, which in physiological terms is measured in joules (or kilojoules for MyFitnessPal fiends). Yet just as body weight is more complex than energy in versus energy out, feeling charged is trickier than eating and drinking adequate kJs. Unlike cars, which can do 40 or 100 as long as the fuel level sits somewhere between a minimum line and full, myriad factors determine how much and what type of energy a person needs at a given time. Complex chemical processes mean this can vary markedly from on-paper estimates (any gym goer knows that what the bike computer says you burned is a ballpark figure and that someone who's been doing spin classes three times a week for 12 weeks is likely to use less energy per minute than a newbie).

In exercise parlance, energy is likely to mean both potential for mechanical activation (have you got enough accessible fuel to push up from a lunge?) and conversion of potentiated fuel to a readily usable source such as adenosine triphosphate, or ATP, as part of an intricate cellular energy synthesis process known as the Krebs cycle. Alas, your body can't actually use that half a Mars Bar as is. (Trivia night note: when you lose 10 kg, more than eight kilos is exhaled as carbon dioxide – and yes it does defy the law of conservation of mass according to UNSW research.)

On the flipside, a counterintuitive bell curve shows that underactivity is as detrimental as overactivity; if you've ever slept until midday, you'll know too much rest – which expends minimal kilojoules – can result in feeling physically and mentally sluggish. Conversely, dragging yourself to a 6am gym class can make you feel more energetic despite depleting fuel stores.

"Because energy capacity diminishes both with overuse and with underuse, we must balance energy expenditure with intermittent energy renewal," say Schwartz and Loehr in their book *The Power of Full Engagement*.

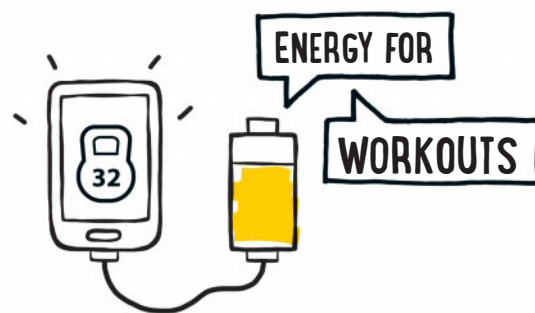
Recent research suggests that we might function better with

so-called bi-phasic sleep – think power nap or siesta – than with one long stint.

Like physical energy, mental energy is similarly tricky to top up. The brain uses a fifth to a quarter of daily kilojoules, but it also has a pickier wish list than Justin Bieber in the green room. Feeling ready and able to bound out of bed rather than diving under a pillow relies not only on having eaten enough the day before to make neurons fire, but also on having downed ingredients integral to production of excitatory brain chemicals such as dopamine and norepinephrine. (Sure, you had 6,800 kJ, but did they donate precursor amino acids to fire-me-up neurotransmitters as well as co-factors that enable their transit into the brain?)

There's also the not-so-small matter of meaning. The word energy is a semantic minefield with the interpretations of various disciplines superimposed like spilt cordial. While physiology reduces energy to mechanical, chemical, heat and electrical energy, Loehr and Schwartz say that full engagement (read: firing all cylinders) demands drawing on four "separate but related sources of energy: Physical, emotional, mental, and spiritual". While they're not readily measurable, emotional energy and spiritual energy demand a balance between outward and inward focus, with the optimal ratio depending on factors including personality type. For instance, an introvert on a 10-day group tour might feel perpetually drained despite sitting on a bus for 12 hours and eating burgers while an extrovert might lose their mojo if they left their phone at a roadhouse. At the extreme negative end of emotional energy depletion, anxiety and depression can cause chronic lethargy. Spiritual energy is also influenced in part by thoughts and behaviours that promote belief in connectedness, congruence and unity – think meditation, walking in nature and values-driven activities such as volunteering.

With so many interdependent factors influencing the buzz factor, the million-buck question is, how do you get more energy when you need it?



According to the great Albert, matter is energy. Nowhere is this more germane than in the weights or cardio room. In crude terms, body fat and muscle are the realisation of energy once the body has converted unused fuel when energy needs have consistently been exceeded either deliberately (to gain muscle) or accidentally (cue winter kilo creep). In theory, most of us could go weeks without eating – if our bodies could efficiently use stored energy. But here's where reality bites. Left to its own devices, in the absence of its favourite energy source glucose, the body will take the matter as energy paradigm and apply it to muscle tissue, which means catabolism, or breaking muscle down into protein, which it then turns into glucose by the process of gluconeogenesis. Cruelly, it will do anything to resist using stored fat. The key then is either to keep the body from going near muscle by keeping the liver and muscles stocked with glycogen via carbohydrate intake or to trick it into oxidising stored fat in lieu of muscle – enter supplements, low-carb diets that promote ketosis or fasted workouts. But deadlifter beware: while fasted workouts make sense on paper, studies suggest that the intensity penalty from working out unfuelled can negate the higher fat burn percentage. Yes, your body may turn to stored fat as fuel sooner than if it first had to burn glycogen, but reduced stamina may undermine the higher energy burn you'd exact if you worked out at higher intensity for longer.



CARBS

Carbs are the body's go-to fuel for workouts lasting less than 40 minutes, so optimising intensity depends on either ready (just consumed) glucose or the form stored in the liver and muscles, glycogen, which runs out after a few days of no-carb eating – faster if you're physically active. Many fitness pros recommend eating slow-release carbs pre workout. Low-GI carbs such as sweet potato release glucose into the bloodstream at a slow, steady rate, which doesn't make the pancreas flood your blood with insulin in the way simple sugars do, so there's no blood sugar crash (and subsequent sugar cravings) and lower probability of fat storage.

CAFFEINE

Often added to workout supplements, caffeine can promote endurance by reducing pain perception according to a study on the effects of caffeine on pain during exercise published in the *International Journal of Sport Nutrition and Exercise Metabolism*. Caffeine tolerance did not appear to reduce the effects of caffeine on pain perception during high-intensity exercise, researchers found.

SUPPLEMENTS

Reaching the end of your gym tether doesn't always mean you're running on empty. Excess lactic acid build-up and increased tissue acidity can make your muscles feel fatigued (metabolic fatigue), but rather than meaning you're out of fuel, it's due to incomplete aerobic metabolism of glucose, which inhibits production of ATP and causes muscles to weaken. Intense exercise such as HIIT and metabolic circuits sharply diminish ATP and promote lactic acid build-up and increased tissue acidity. Two broad types of supplements can mitigate metabolic fatigue and keep you flogging the treadmill for longer.

TWO WAYS

» **Increase ATP production** with strategic nutrition and supplements that stimulate the three pathways that make ATP. E.g. creatine to enhance glycolysis and aerobic energy production.

» **Delay fatigue** by preventing intracellular acidosis, which is culpable in fatigue and muscle breakdown. Think phosphates, amino acid carnosine and bicarbonates.

(Check out our yarn on amino acid supplements on p.72)



CAFFEINE

Your get-up-and-go depends on what you do the day before. Arvo latte fiends, find a new vice (decaf, a walk around the block, breathing exercises). While different people respond differently to caffeine, its six-hour half-life means consuming caffeine after about lunchtime can jeopardise sleep quality and quantity. That means feeling groggy in the morning. Worse, the withdrawal symptoms can induce fatigue that makes you reach for more coffee just to feel awake, fuelling a vicious cycle. Rather than giving you superhuman pep, the buzz from a morning cuppa is likely to be the result of reversing the fatiguing effects of acute caffeine withdrawal. After 12 or more hours sans caffeine, the adenosine receptors that had been hijacked by the drug are flooded with sleepiness chemical adenosine – which is normal. (If you really can't stop anytime, consider a caffeine detox.)

SLEEP

There's a reason sleep deprivation is used as a form of torture. Sleep, like breath, is essential for the efficient function of the whole human body-mind machine. While anyone who's tossed and turned or spent half the night working knows the groggy effect of inadequate shut-eye, research shows that the impact may impair mental function.

Fatigue contributes to 20 to 30 per cent of transport accidents according to 2011 research by the Australian Transport Council. What's more, without ticking all the sleep stage boxes, learning and memory are likely to suffer; when sleep deprivation was applied before testing, mouse lemurs produced more errors in a spatial learning and memory retrieval task than those allowed to nap. It gets worse. Dodgy kip's disruption to circadian rhythm encourages chaotic energy intake and has been linked to weight gain in multiple studies. It's suspected that sleep deprivation pushes up hunger hormone ghrelin and that sleep-deprived people report eating more – generally energy-depleting simple carbs – the day after skipping sleep.

EXERCISE

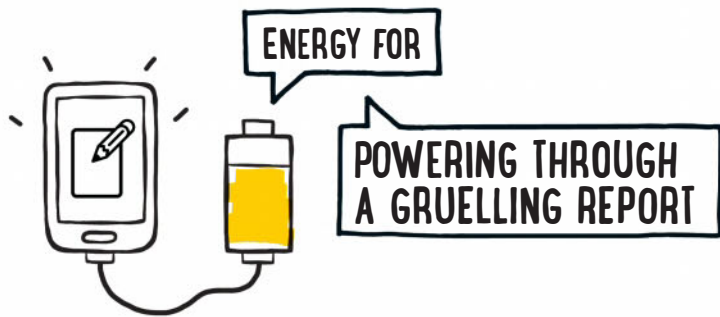
Okay, we lied. You need to get up first, but exercising first thing can turn energy levels 180 by flooding your brain with endorphins, not to mention feeling kickass for getting yourself to class instead of hitting snooze. Moving can also generate physical energy according to research published in Swiss medical journal *Psychotherapy and Psychosomatics*. In a study, healthy adults experiencing persistent fatigue who did as little as 20 minutes of low to moderate aerobic exercise three days a week for six weeks reported feeling less fatigued than their previous baseline. Exercise enhances blood flow carrying oxygen and nutrients to muscle tissue, enabling production of energy (geek term: adenosine triphosphate). Better news: the energy boost was greater in those exercising at low intensity than those working out more vigorously. A spinoff is that studies have shown that people who exercise in the AM are more likely to eat well during the day – goodbye vending machine brain fog.

PROTEIN

Right, another porkie, but you can eat your bacon and eggs in bed. The first meal of the day is the time to set yourself up with precursors to alertness neurotransmitters by chowing down on complete protein. A 2011 study at China's Shenzhen Traditional Chinese Medicine Hospital found that a high-protein breakfast containing 50 per cent protein, 30 per cent carbs and 20 per cent fat was more beneficial to mood, alertness and attention in healthy adults than one containing adequate protein (10 per cent protein, 0 per cent carbs and 20 per cent fat).

LIFE BALANCE

There are two types of job passion. The energising one promotes optimal wellbeing and performance while the downer type doesn't according to fresh Norwegian research. While it might feel indulgent, striking a work-life balance while viewing your job as important and enjoyable, exercising your creativity and striving to perform well is more conducive to finding a flow state than putting all your eggs in one worky basket.



CAFFEINE

Can caffeine help you rip through a rotten report? Yes, but not on its own according to recent research. To improve sustained attention and working memory by increasing the efficiency of brain areas responsible for these functions, caffeine needed to be paired with glucose, a study published in *Human Psychopharmacology: Clinical and Experimental* showed. Learning and consolidation of verbal memory also benefited from the combo. What happens when you take caffeine straight? Not much according to other research comparing caffeine to a placebo. For regular coffee consumers, the stimulatory effects of a caffeinated cuppa without a glucose chaser may be an illusion, a study published in *Neuropsychopharmacology* found. The gist was that because frequent coffee drinkers have built up tolerance to caffeine, they forgo the alertness effects experienced by low caffeine consumers who down the odd latte. If you do feel perkier after your afternoon espresso, it's likely to be the result of reversing the fatiguing effects of acute caffeine withdrawal, which includes fatigue when sleepiness chemical adenosine is allowed to latch onto adenosine receptors hijacked by caffeine. Straight coffee might also equal a slight kick from the adrenaline secreted when adenosine is lingering in your noggin with nowhere to go according to Stephen Braun, author of *Buzz: The Science and Lore of Alcohol and Caffeine*. Rather than being a stimulant per se, caffeine enables the brain's natural stimulants to run amok, he says.

L-THEANINE

Sounds hardcore, but amino acid L-theanine is the active ingredient in plain old black and green tea. It has been found to

simultaneously ease anxiety and promote focus (win-win) by increasing alpha wave activity – the kind induced by activities such as yoga and meditation and lauded for enabling a state of calm alertness. Paradoxically, the beta waves and brain chemicals associated with the hyper alertness bestowed by anxiety can impair focus and performance (in evolutionary terms, adrenaline was meant to rev our legs to run from tigers, not write a situation analysis). L-theanine might promote a different sort of alertness. In two small human studies, volunteers experienced increased alpha wave activity and greater perceived relaxation within 30 to 40 minutes of consuming 50 or 200 mg of L-theanine (a 200 ml cuppa contains around 24 mg). Another study comparing L-theanine with a pharmaceutical anxiolytic (anti-anxiety drug) and placebo found that participants who took 200 mg of L-theanine felt more tranquil with the amino – possibly in part because L-theanine is thought to incite both alertness neurotransmitter dopamine and chill-out neurotransmitter GABA. The

not-so-good news for laid-back types is that L-theanine's efficacy may depend on

anxiety propensity; while participants with high-anxiety propensity had enhanced alpha activity, elevated visual attentional performance and improved reaction times 15 to 60 minutes after knocking back 200 mg of L-theanine, low-anxiety peers noticed little effect. The kicker is that

L-theanine's efficacy is nudged up by caffeine – think 50 mg or half a cup of coffee per 100 mg of L-theanine.

CARBS

Fact: the brain uses more glucose during challenging mental tasks – and when you're stressed to the eyeballs. Fact: blood

“
LOW-GLYCAEMIC CARBS SUCH AS SWEET POTATO AND WHOLE GRAINS DELIVER GLUCOSE STEADILY OVER TIME, EVADING SHARP SPIKES AND DROPS
”

glucose dips can impair attention, memory and learning. But that's not carte blanche to feast on fairy bread at your desk. While administering glucose has been shown to sharpen cognitive function skittled by a glucose slump, the wrong format of glucose can, conversely, cause brain fog and a kind of blood sugar chaos that undermines focus. Low-glycaemic carbs such as sweet potato and whole grains deliver glucose steadily over time, evading sharp spikes and drops (and consequent sugar cravings). Eating small, frequent meals rather than infrequent mega ones also favours consistent blood glucose and, therefore, nailing that wretched pie graph.

B VITAMINS

Widely touted for its role in helping to convert food energy to felt energy, vitamin B12 – like most dietary supplements – won't give you a hit if you're not deficient, says pharmacist Scott Gavura, a contributor to the Science-Based Medicine blog. The most common cause of deficiency in young women is a vegetarian or vegan diet, which should be supplemented to ensure the recommended daily intake of two mcg is met (a typical non-vego diet provides five to seven mcg a day). Even those with a diagnosed deficiency are unlikely to realise an instant pick-up from more B12, Gavura says.

H2O

Here's where the complexity of energy production hits home. Water, which provides zero-point-zero kilojoules, is among the most important substances for energy production. (If you've ever been dehydrated, you'll have

CAFFEINE EQUATION

Caffeine's six-hour half life is solid on paper, but in real life, many factors can skew its timing. If you're on the pill or menstruating, the half-life of caffeine can be as much as double (think 12 hours instead of six). On the flip side, smokers can expect a cuppa's effects to wear off in three hours.

experienced its fatiguing effects). Essential for every bodily function, water enables the body to smoothly affect metabolic processes including converting food to usable energy.

BREATH

Water's up there, but breath may be the most underrated arbiter of energy. After all, you breathe automatically and, unlike that packet of popcorn, oxygen is unlimited. Yet every process involved in energy delivery and synthesis relies on O₂ (ever wonder why you feel wrecked during high-intensity exercise, after a flight or when you're stressed and breathing from your chest?). What's more, the brain's oxygen needs are 10 times greater than those of the rest of the body according to The Franklin Institute. In desk terms, a study published in journal *Psychopharmacology* concludes that administering oxygen before a task correlates with increased performance on measures of attention, vigilance and long-term memory. Adequate oxygen obtained through belly breathing has also been shown to ameliorate stress response by engaging the parasympathetic nervous system (trading the old fight or flight response for the rest and digest one). While it might feel as though you don't have time to stop, a five-minute, erm, breather could be just what the deadline doctor ordered.

COFFEE SWAP

While regular abdominal breathing practice has been shown to increase overall energy, you can summon the perks of breathing on cue (same as grabbing a coffee, but better) using the yogic 'bellows breath', or stimulating breath. Stimulating breath mimics the adrenal stimulation of stress and incites energising chemicals such as epinephrine. According to Dr Andrew Weil, here's how to do it.

Sit in a comfortable upright position with your spine straight. With your mouth gently closed, breathe in and out of your nose as quickly as possible. The inhalation and exhalation should be equal in length with as many as two to three cycles of in/out per second (breathe normally between cycles). Continue for no more than 15 seconds when starting and increase by five seconds each time, never exceeding a minute. Note: if you experience discomfort other than effort at the back of the neck and in the diaphragm, chest and abdomen, stop. There is a risk of hyperventilation.

ENERGY DRINK REDUX

What's really in the tin?

First marketed in Europe in the early '80s, energy drinks account for almost seven per cent of the Australian soft drink market according to industry researchers IBISWorld. The idea is that they give you an instant hit of energy. But are they any better (or indeed worse) for you than standard energy optimisation measures? The short answer, in ideal world terms, is that nothing beats balancing the factors that naturally favour energy: adequate nutrition, sleep, hydration, exercise and no or minimal drugs (caffeine included). However, judging by Starbucks queues and Red Bull sales, this is not an ideal world.

The key ingredients in energy drinks are caffeine, vitamins, taurine, ginseng and guarana according to a literature review of the health risks of energy drink consumption published in *Frontiers in Public Health*. The key concern with energy drinks is the concentration of caffeine – on average, 150 to 500 mg versus 120 mg in a coffee, 65 mg in cola and 50 mg in tea. Studies reviewed warn of caffeine intoxication from excessive energy drink use, with possible symptoms including heart palpitations, nausea and vomiting and convulsions.

Other ingredients, which are regulated under the Food Standards Australia New Zealand (FSANZ) formulated caffeinated beverages standard, can include herbal stimulant guarana, B vitamins including niacin, pantothenic acid, vitamin B₆ and vitamin B₁₂, amino acids such as taurine and glucuronolactone and flavourings, colourings and other additives commonly used in soft drinks.

GUARANA

Also known as Brazilian cocoa, guarana is a plant from South America that contains a caffeine compound called guaranine. One gram of guarana is equal to 40 mg of caffeine.

SUGARS

The sugar content in energy drinks ranges from 21 g to 34 g per drink. While there is no official sugar RDI in Australia, in the US, 30 mg has been recommended as a daily limit.

TAURINE

Found in meat, milk and seafood, taurine is among the body's most common amino acids. It can support brain development, regulate mineral and water levels and may enhance athletic performance.

B VITAMINS

Studies suggest that B vitamins can improve mood and even fight heart disease and cancer, but the amount contained in each energy drink isn't enough to have any meaningful effect.

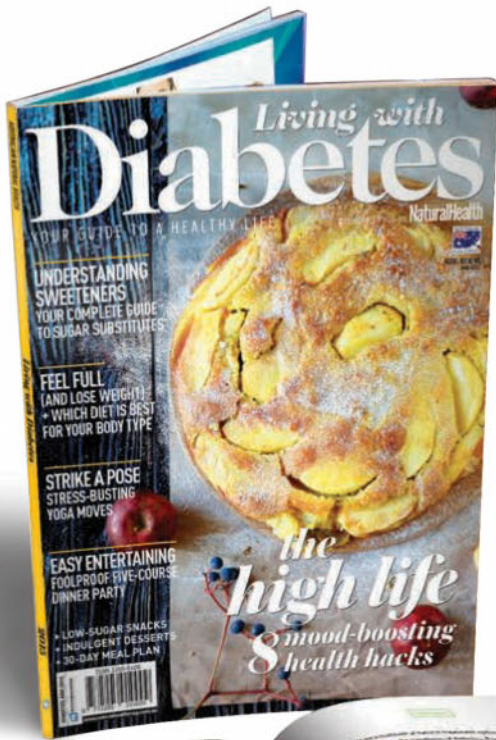
INFLAMMATION FATIGUE

Chronic inflammatory conditions such as psoriasis, inflammatory bowel disease and rheumatoid arthritis have recently been linked to fatigue, malaise and loss of social interest. In a mouse study, researchers found a correlation between reduced activity (indicating fatigue) and the presence of white blood cells known as monocytes in the brains of Minnie mice with inflamed livers. Contrary to previous findings that the blood brain barrier prohibited monocyte entry, experts now posit that finding ways to prohibit monocytes from entering the brains of inflammatory disease sufferers could ameliorate fatigue associated with the conditions. ■



Living with **Diabetes**

Your Guide to a Healthy Life



From the team at *Australian Natural Health* magazine, this holistic guide is packed with all the information you need to understand and embrace diabetes.

This beautiful edition is all about helping you live your best life, naturally and to the full.

natural treatment
and healing

nourishment

exercise
and movement

weight loss

delicious food
and recipes

30-day diabetes
meal plan



Available at all good newsagents
or download the *Australian Natural Health* app
or purchase from www.subscribeandshop.com
or use the In-Site app and scan this page



Apple, iPad, iPhone, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.



White Noise

A better smile can actually improve your position in the workplace.

First impressions are everything – especially when it comes to job interviews. A lasting impression is formed within the first three seconds of meeting someone, which makes flashing a winning smile all the more important.

Many of us tend to consider our skin and hair with near-compulsive fervour, but the same scrutiny is often lost on a centrepiece integral to first impressions. Before they've had a chance to tell you they like your iPad cover, the person sitting across from you has sized up your gum real estate. And they will judge a book by its dental cover. A recent study conducted by Center for Talent Innovation (CTI) in New York found that people with straight teeth are perceived as being more successful, popular, intelligent and healthier in general. A radiant smile is a requisite for good looks and can even make you look younger and more professional. Turns out, over the course of your career, you'll be judged on at least 17 different criteria, from vision and decisiveness to seemingly insignificant details such as hairstyle and teeth straightness.

Sure, a perfect set of pearly whites shouldn't determine whether or not you get a job, but it's human nature to make assumptions based on appearance. When

you pit people with similar skill sets and experiences against one another – as

is increasingly the case in this competitive job market – chances are employers will opt for the person with the winning smile over their crooked-teethed counterparts.

Whether socialising or networking, teeth are standout features that are worth paying attention to. Here are a few ways in which you can upgrade...

A recent study found that people with straight teeth are perceived as being more successful, popular, intelligent and healthier in general



Reshape & Resize

• Porcelain Veneers

PROCEDURE: Got crooked, misshapen or unevenly spaced teeth? A favourite of Hollywood starlets, porcelain veneers involve a micro-thin layer of tooth-coloured porcelain being stuck on the whole tooth and can be used to increase the length and size of small teeth. They're unlikely to discolour, reflect light like natural teeth and can last up to 10 years.

COST: Around \$800 to \$1,200 per tooth

• Composite Veneers

PROCEDURE: These work similarly to porcelain veneers but are made of composite resin. They're directly placed on the tooth and set with a blue light. They last three to five years, but are known to be more porous than porcelain veneers. They require regular polishing to prevent staining and chipping over time.

COST: Around \$200 to \$500 per tooth



• Smartlight 3LT

PROCEDURE: Want a more effective solution than whitening toothpaste? Try this in-chair whitening system. A red alkaline gel (essentially a bleaching agent) is applied to your teeth and is then activated by a green light. These complementary colours create a non-acidic whitening process that works to eliminate mild staining without doing damage to your teeth and gums. Unlike old laser systems, it doesn't dehydrate or heat the pulp of the tooth to cause post-bleaching sensitivity.

COST: Around \$1,000

• Zoom! Advanced Power Whitening System

PROCEDURE: Got a darkened tooth or more intense stains caused by coffee, red wine and smoking? This in-chair whitening system can make your smile up to eight shades brighter and only takes an hour. A pH-balanced bleaching gel is applied to the tooth surface before being activated for 15 minutes using a UV light. This is then repeated three to five times depending on your tooth sensitivity.

COST: Around \$500



• Invisible Lingual Braces

PROCEDURE: Braces have come a long way from the awkward metal brackets and wires of our youth. These days, you can have braces that are barely detectable. Attached to the inside instead of the outside of your teeth, invisible braces are adjusted to fit the mouth. They are slightly painful to begin with, especially during the initial adjustment phase, but you can expect permanently straight teeth once removed. Treatment time varies according to the individual.

COST: Starting at around \$6,000

• Invisalign

PROCEDURE: Don't want to wear braces? Invisalign involves a series of clear, plastic, removable aligners that you replace every two weeks. Each aligner coerces teeth a tiny amount until they're gradually straightened to the final position, as determined by your orthodontist. Treatment can vary from five to 35 different aligners depending on the amount of straightening required. They work as effectively as metal braces yet are more comfortable and less intrusive. Also, replacing the aligners makes it easier to maintain good dental hygiene.

COST: Starting at around \$4,500



• Dental Implants

PROCEDURE: Got a missing tooth? A popular procedure is to have a prosthetic tooth placed in the jawbone. Over the course of two to nine months, the implant bonds with the body and becomes embedded in the bone. This is the closest thing to a natural tooth your dentist can give you. Once integrated, a dental implant can last for more than 20 years.

COST: Starting at \$5,500 per tooth

• Bridges

PROCEDURE: A false tooth is placed between two crowns, filling the gap left by one or more missing teeth. It works to restore your bite and maintain your natural smile and face shape. Choose between a porcelain or zirconium ceramic bridge that is matched to the natural colour of your teeth. This procedure is best suited to people who are missing multiple teeth in a row and results can last up to 10 years.

COST: Starting at around \$3,000 for a three-unit bridge

Breath Makeover

It's not just the hue that gives away the state of your oral health. Stale breath can also send people running a mile. Give your mouth an aroma upgrade.

Chlorophyll Spearmint Liquid, \$22.95, swisse.com

This alkaline drink and natural source of antioxidants is known as 'internal deodorant' due to its ability to reduce bad breath and other embarrassing body odours caused by the digestive system.



Listerine Pocketpaks Oral Care Strips, \$7, listerine.com.au

A sugar-free and calorie-free way to beat bad breath. The strip dissolves instantly when you place it on the tongue, killing germs instantly for a clean mouth feeling.

The Broad Place Copper Tongue Scraper, \$19, shop.thebroadplace.com.au

Remove the mucous and bacteria build-up on the tongue – morning and evening – with this centuries-old technique.



DIY Jury

When it comes to at-home whitening products, not all gels and strips are created equal. Dr Saade Saade, founder and director of the Australian Institute of Implant Dentistry and principal dentist at Balmain Dental Clinic, says any product that is painted on is washed off by saliva and has limited merit. "I have never seen anyone who has achieved good results with this. However, it may be useful in maintaining whitening after a professional whitening treatment," he says. According to Dr John Hagiliassis, principal dentist at Freedom Dental (freedomdental.com.au), simple folk remedies can help to brighten your smile and steel your pegs against decline.

- » **Strawberries**, packed with an enzyme called malic acid, can help remove surface stains.
- » **Apples** are known as nature's toothbrush! The crunch effect stimulates your gums and increases saliva flow to help prevent cavities.
- » Use an **alcohol-free mouthwash**. Alcohol can dry out the tissues in your mouth, making it more susceptible to bacteria.
- » Invest in that **electric toothbrush**. The extra scouring power makes it easier to remove unwanted stains.

MYTHBUSTER

YELLOW TEETH ARE UNHEALTHY

Not so, says Professor Ian Meyers, chairman of the Australian Dental Research Foundation. Tooth colour is governed largely by genes. Complexion also impacts how white your teeth look. **Dark skin and red lipstick will make your teeth look whiter.** Paler skin will make them seem more yellow.

"The colour of your teeth does not relate directly to your health unless you have poor dental hygiene and the teeth become brown or black from decay," Prof Meyers says. "Colour relates to the structure of your teeth. As you age they get more yellow because your enamel – the outer layer, which is white – thins, revealing more of the yellow internal structure of your tooth."



Test of the rest

>> The once-a-year solution (around \$100)

DIY products promising equal potency to clinic treatments neglect to mention that legislation forbids manufacturers of over-the-counter products from matching clinic-strength products. "For best at-home results, a dentist-supplied at-home whitening kit works best," he says.

>> The off-the-shelf tray (around \$250 for six trays)

While dentists use custom-fitted trays to enhance efficacy of bleaching solutions, commercial manufacturers use a one-size-fits-all tray, which means the solution may not be in contact with every piece of every tooth. These may, however, be an option for touch-ups to maintain professional whitening treatments.

>> The whitening toothpaste (from \$4.50)

Beware abrasive toothpaste, says Dr Saade. Some toothpastes 'work' by using abrasive materials to exfoliate tooth surfaces, potentially eroding tooth structure and causing sensitivity. "Legally it can be argued that all toothpastes have a whitening effect, because when you scrub them, plaque is removed and the result is whiter teeth," Dr Saade says. ■



YOUR BEST
MOVE IT

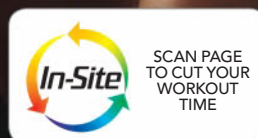
LOSE, MAINTAIN OR GAIN?

The more is more mentality ignores the human body's finely tuned mechanics. When it comes to working out, less can be a whole lot more.

Words: Madeline Lakos

When our lives get busy, one of the first things to go is our fitness. When was the last time someone said, 'Sorry, I can't make that meeting, I really need to do a yoga class'? In reality, 'life' can stall your fitness regime, and (alas) the deadlifts are ditched in favour of deadlines and the comfort of the duvet. While some dedicated gym goers

might find themselves restless after only a day away from the gym, some of us are comfortable letting the weeks or even months slip by with our fitness almost totally unattended to. Those who fall into the latter category should know that gym avoidance isn't without its consequences, especially if you're considering swapping the salad for something a little more winter friendly or (come



Friday) alcoholic. 'Unfitness' manifests in shifting body compositions and – longer term – chronic illness. So rather than jumping ship every time 'busy' gets in the way of fitness, consider paring back your routine to the bare minimum. We've got the lowdown on what you can and can't achieve with minimal fitness.

The bare minimum

The Australian Physical Activity Guidelines describe the bare minimum of physical activity you can do to still maintain your general health. They recommend accumulating 150 to 300 minutes of moderate intensity physical activity, or 75 to 150 minutes of vigorous intensity physical activity (or a combo of the two), as well as two sessions of muscle strengthening activity each week. The former is the equivalent of going for a half-hour walk every day, which sounds like a cinch compared to forcing yourself out of bed at 5am for a spin class, but the physical activity guidelines have their limits: "These guidelines were designed to inform Australians of the level of activity needed to maintain a healthy and active lifestyle by minimising sedentary behaviour," says exercise physiologist Leah Rowan (nbexercisephysiology.com.au). So if healthy means staving off health problems like obesity, osteoporosis and cardiovascular disease and ensuring your lifestyle doesn't involve spending all day sitting on your rump, then sticking to a couple of hours of exercise per week is perfectly adequate: "The type – both cardiorespiratory and strength training – intensity, duration and frequency are all necessary for physical

and mental health and to avoid chronic disease," says Rowan. "For someone who is new to exercise or was doing less than specified by these guidelines, weight loss would occur."

Research has shown that when going from little or no exercise to any at all produces benefits. One study recently published in *PlosOne* journal found that one minute of intense exercise three times a week was enough to increase peak oxygen uptake (VO2 max) by 12 per cent and lower blood pressure by around seven per cent. However, if you're already physically fit and want to keep it that way, then cropping back your current routine to the bare minimum is probably going to result in a decline in your health and fitness. If all you want to do is maintain what you have – particulars aside – then you need to keep doing what you were doing. For those looking to get the most out of their training, Rowan says, "I think training six days a week is ideal and also helps you develop a routine; this means you improve faster and the body is continually challenged as you up the weights or run for longer – this would include low-, moderate- and high-intensity training throughout the week."

But that all depends on what your definition of 'fit' is. The concept is diverse, some see it as their ability to lift heavy things, others an ability to clock a five-minute kilometre or simply completing a gym class without feeling the urge to vomit or pass out. From a physical perspective: becoming fit results in a number of changes in your body, which vary according to how much you train and how.

WHAT IS FITNESS?

HOW IT SHOWS

► Body composition

Saying you 'lose' fitness is kind of a misnomer. No matter how much time you take off, your muscles are still in there somewhere, although they may have gotten smaller and be covered with an extra layer of fat. "Exercise decreases fat mass and increases fat-free mass," says Rowan. "Having a low fat mass and high fat-free mass results in a healthy body composition that is generally associated with an increased fitness level." Body composition is probably the most bemoaned area of un-fitness, and the most outward sign. While a lack of exercise doesn't necessarily equate to weight gain, the odds are certainly in its favour. "Muscle mass requires more energy, which results in the body burning more calories when at rest," says Rowan. "So if you decrease your exercise, your metabolic rate will slow down, further decreasing your energy expenditure – this will most likely result in weight gain."

► Strength

Strength is more than just muscle size. Training your muscles not only causes physical changes (or morphological in geek speak) but neural. Muscle tone and size comes from working, damaging and repairing muscles. When you stop exercising it causes a down regulation in protein synthesis, meaning that the body won't maintain that level of muscle on its own. "The rate at which you lose muscle strength is quicker than what it takes to build it," says Rowan. "However, muscular strength is not affected as much by a reduction in exercise in comparison to the other factors such as VO2 max."

Even small amounts of incidental or gentle exercise

is enough to help your body maintain muscle, so they will never waste away to the point of total disuse, like what happens when a limb is immobilised or after extensive bed rest. A 2004 study published in the *European Journal of Applied Physiology*, designed to mimic zero gravity conditions in space, found that after 90 days of bed rest, participants who did not exercise at all lost muscle volume (around 18 per cent in the knee extensor muscles) and power, whereas those who completed a small bout of gravity-independent resistance training on every third day didn't experience any muscular atrophy at all. This is not to say that your muscles won't get smaller in extended periods of inactivity (it's likely that they will), but simply that you'd have to be doing a whole lot of sitting around for it to get serious.

From a neurological perspective: strength training causes changes within the nervous system that not only allows for the superior activation of muscles in specific movements, but an improved activation of all relevant muscles. According to a study published in *Medicine and Science in Sport and Exercise* this has the effect of generating greater net force in the intended direction of movement. Translation: strength training allows you to get stronger without gaining muscle bulk, which is why those trying strength training for the first time see fairly rapid results. When you stop training, these neural adaptations also start to fade: "Improvements in neural strength occur before increases in muscle size, and decreases in neural strength occur before muscle size reduces," says Rowan.

continued on p. 64

HOW IT FEELS

► Heart health

It's not just your skeletal muscles that take a hit when you take a break: your heart muscle also loses strength without regular work. "The more active and fitter you are, the more efficiently the heart works," says Rowan. "This relates to our cardiovascular, or aerobic, fitness." The strength and efficiency of your heart is understood in terms of heart rate, stroke volume, blood pressure and blood flow (among other things). But the long and short of it is: "The heart must be able to supply enough blood-containing oxygen to the working muscles to produce movement." This is dependent not only on your heart fitness, but also your blood volume. "Blood volume is influenced by a person's body size and physical activity level," says Rowan. "With a higher blood volume, more blood is delivered to the heart, which means the heart pumps more blood per beat per minute – this has a positive effect on the physiological factors of the heart, including stroke volume and cardiac output." Factors like lean body mass and lean muscle mass as well as aerobic exercise lead to increased blood volume, so when these things change, so too does your feeling of fitness. Aerobic exercise has more positive effects on your heart and blood volume than resistance training. "Aerobic training requires more work from the heart and more oxygen supply to the muscles than lifting weights," says Rowan. If your heart muscle can't keep up with the need for supply, you might find yourself huffing and puffing a lot more than usual. On top of this, if your muscles aren't getting sufficient oxygen, they are forced to source energy the hard way: by converting an in-body substance called pyruvate into lactate, causing what is commonly known as lactic acid (aka feeling the burn).

► VO2 max

Your 'VO2 max' (i.e. the maximal capacity for oxygen use during maximal exertion) is often used to determine fitness: "VO2 max is used to measure cardiorespiratory endurance and aerobic fitness," says Rowan. Both resistance training and strength training improve your VO2 max, but as it's mostly tied to cardiorespiratory endurance – including determinants mentioned above like blood volume, cardiac output and oxygen carrying capacity – those who like their cardio usually have a higher peak oxygen uptake too. "VO2 max increases significantly in response to aerobic training and decreases without it – for faster improvements in your VO2max, you would need to be exercising at a higher intensity." Research shows that HIIT is hugely effective when it comes to increasing your VO2 max, but it's probably not advisable if you're coming back from some time off: "When returning to training you will find the intensity you were exercising at and the duration is impossible or a lot harder to maintain," says Rowan. "VO2max drops rapidly within two weeks if you were to stop training, and if you reduce your exercise, it can be maintained for two or three weeks. The good news: as soon as you start training, you start getting it back. "As soon as you start exercising, your VO2 max is already improving, and the same goes for heart health and blood volume," says Rowan. "Irrespective of guidelines for intensity, duration and frequency, if you are moving more than you were last week, your fitness is already improving."



MAINTAIN AND GAIN

So, how do we get fitter? In agreement with Rowan, personal trainer Scott Hunt (fitnessenhancement.com.au) says anything more than what you're doing now is a plus. "If you've gone from doing nothing to doing half an hour a week, I'd say that's a 100 per cent improvement," says Hunt. "But it depends on how quickly you want results; think of it like a 10-kilometre drive: you could walk all the way and it would take you a long time, or you could floor it." The fitness adaptations you create in your body are – like the maintenance of your fitness – dependent on the frequency, intensity and type of exercise, as well as the time dedicated to each session. "To me it's more about how many sessions they can fit in each week. Sure, in an ideal world, people would exercise six days a week, but it's not an ideal world, and most people's motivation is far from ideal!" The fact that you may not have the time or inclination to live in the gym doesn't have to quash your results, as long as you amp up the intensity to match. "At Fitness Enhancement, we find that for most people who want amazing results, training three days a week is plenty. The key to success here is quality, not quantity, and, of course, sticking to the plan nutritionally each and every day." Kilojoule-burning cardio fitness is great when maintaining your weight and cardiovascular health, but so is laying on metabolism-boosting muscle. So mixing up your routine with both is ideal.

MUSCLE

MAINTAIN: "If you've only got three days, work your whole body each day you train," says Hunt. "If you're finding you're not recovered enough in between sessions, the good news is you're training hard enough to fatigue yourself that much so you can adapt it to a split program – training the lower body and abs for one session and upper body the next," he says.

GAIN: "When your current weights get too easy, change them up for heavier ones. It's important to ensure you're always challenging your muscles – I'd say you could change your program almost weekly depending on where you're at."

CARDIO FITNESS

MAINTAIN: "Aim for at least one session a week where your heart rate is consistently elevated – like a one-hour run or bike ride at a steady pace – and aim for at least one where your heart rate is up and down, like interval or sprint training," says Hunt.

GAIN: "Add in a muscular endurance session," says Hunt. "Essentially a strength-training program but with light weights and high reps and no breaks in between sets. While you will, of course, get strength conditioning out of this, the high reps make it much more aerobic. The goal of this session is to build that endurance in your muscles for when your lungs are doing great thanks to all the long runs, but your muscles are crying out for you to stop."



DECLINE TIMELINE

So you've booked yourself in for an eight-week trip to somewhere far away from the gym; what's going to happen to your fitness? "How long it actually takes for strength and cardio fitness to wane or to gain is dependent on lots of things," says personal trainer Scott Hunt (fitnessenhancement.com). "If you've only been training for three months, then your level of fitness is going to decline a lot faster than someone who has been training for three years; but in saying that if you've achieved a really high level of fitness in those three months, then that's going to affect it too." In a perfect world your fitness would stick around for the same amount of time as you'd been working on it, but sadly this isn't the case. "You lose fitness a fair bit faster than you gain it," says Hunt. "But when you start from scratch it goes back quickly too." Different elements of your fitness decline at different rates and, if you ignore other factors – like how much lounging and imbibing you're planning on doing – it would look kind of like this:

WEEK:

1

2

3

4

5

6

7

8

CARDIO FITNESS

Week 1: Holding

At one week in you'd probably still be keen to do a few laps, although it might not be as fast as you'd hoped. "Your cardio fitness will decline a lot faster than your strength and muscle tone," says Hunt. "Again, it depends on how fit you were in the first place, but after 24 hours, you're usually fully recovered from cardio exercise, depending on what you're doing, so within four or five days you'll start to lose it."

Week 2: Gradual decline

If you're not getting your heart rate up pounding the pavement by just your second week of inactivity, your cardio fitness is already kaput. This isn't to say that you're going to get puffed on your afternoon stroll, but you probably couldn't crack your PB. "The reality of cardio fitness is that it's reliant on consistency and challenging yourself, so if it's not making you uncomfortable, you're probably not working hard enough," says Hunt. "A good tell for me is if you're able to carry on a conversation or not. If you're too out of breath for a chat then you're working."

Week 3–8: Decline

After another week or five without putting your cardio shoes on, the very idea of breaking into a run might cause discomfort. Your body can get its cardio fitness back in no time. "Cardiovascular disease and obesity are often attributed to a lack of physical activity," says Hunt. But while it's no lie that exercise burns calories and keeps you healthy, a little time without is normal. "It's important to remember that it's ok to have periods where you're ultra fit followed by periods where you're less fit – that's life. Sometimes you're forced to have a break due to life issues, and other times it's a break for a good reason like a holiday. Don't pass up the chance for a holiday just because you're worried about your fitness, just train extra hard before it and after it to get back to where you want to be ASAP. You may even find the break reinvigorates you to step it up upon return."

“

The reality of cardio fitness is that it's reliant on consistency and challenging yourself, so

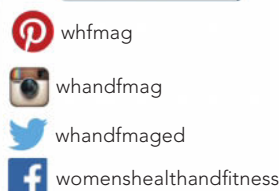
IF IT'S NOT MAKING YOU UNCOMFORTABLE, YOU'RE PROBABLY NOT WORKING HARD ENOUGH

”

STRENGTH



CONNECT WITH US



REFRESHINGLY LOW CARB REHYDRATION



Low carb electrolyte formula. High magnesium.

Replenish your body with a refreshingly low carb electrolyte formula containing sodium and potassium to assist rehydration and Meta Mag® Magnesium to relieve muscular cramping, aches and pain.

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.



Available in Lemon Lime, Coconut, Tropical Punch and Grapeberry flavours.

endura.com.au



ENDURA™
SPORTS NUTRITION

TONE Zone

Toning is the holy grail of fitness, but even experts can't agree on the best way to do it. We've mined the literature on your behalf. (No bulk. Promise.)

Words: Madeline Lakos

The arrival of the squat booty may have quelled our fears of strength training 'bulk' in our nether muscles, but often we're sent sprinting back to cardio-heavy routines at even the slightest indication of chunky biceps and bulging traps. A basic understanding of muscles tells us that strength training only makes them bigger, resulting in a larger rather than leaner look. But even though you might be coveting the curves of a Victoria's Secret model over the rippling sinews of a female bodybuilder, you'll find the conduit to all your muscle aesthetic 'wants' still isn't the treadmill. "There's a saying that cardio will make you a smaller version of yourself, but only weights have the power to truly change the shape of your body, which I think is true," says personal trainer and co-founder of the Creating Curves

program Alexa Towersey (alexatowersey.com.au). And she would know. Not only has Towersey trained Miss Universe winners, but she's also one of only a few women to hold a Gym Jones certification – the US-based gym responsible for the muscle-clad men in the movies *300* and *Man of Steel*. It's not entirely untrue that lifting weights makes muscles bigger (yeah...it definitely can), but you can still use strength training to achieve runway-esque tone. "Women have always wanted to come train with me but they are scared of putting on size...it was always an interesting conversation which inevitably ended with me reassuring them that the type of muscular development I achieved was not a product of a 12-week transformation, let alone something that just happened over a few casual visits to the weights room," says Towersey. "If this [type of muscular development] is a goal, it can be achieved with loads of hard work; structured, consistent programming; and adherence to ideal lifestyle and nutrition outside of the gym."

Whatever your goal, taking on a mission to tone should start with an understanding of what, in a physiological sense, that means for your muscles and how different exercise types might affect your outcome.

YOUR BODY ON TONING

It's a common misconception that tone is entirely related to muscle mass. In reality, tone can be independent of size. "Increased muscle tone basically means that your muscles are physically tighter when at a state

of rest, which results in better muscle definition," says exercise scientist Johann Ruys (atleta.com.au) – this means the muscles feel somewhat firm or tight without intentionally tensing them. Increased muscle mass (i.e. size, width and volume of your muscle fibres)

will help your muscles become more visible beneath body fat; however, significant mass is not always necessary for improved tone. According to Ruys, "Muscle mass increase is generally associated

with an increase in tone, but an increase in tone is not necessarily associated with a major increase in size."

To achieve the 'shredded' look of a figure model, increased muscle mass is generally required – more so than for the taut, slender lines of a bikini model. However, the acquisition of either body would usually require a decrease in body fat. "Less body fat will increase the 'visible effect' of tone," says Ruys. "But tone can improve your shape, even with body fat." Figure competitors sport around five to 10 per cent body fat for a competition, but it's certainly not kept that low all year round. This means that even for the most muscled individual, sculpted abs (or indeed a sculpted aesthetic) is not always a reality.

These factors aside, there are three major things that go into the development of different muscle aesthetics, they are:

MUSCLE FIBRE TYPE

When you exercise, your muscles work to support what you are

doing; this results in physiological changes in the muscle fibres.

"Fast-twitch fibres respond to muscle growth stimulus, which is why sprinters are built, whereas slow twitch don't grow as much but do improve oxygen use capacity, which is why marathoners are lean as," says Ruys. Fast-twitch fibres contract quickly, which means they are recruited for activities that contain rapid, powerful or 'explosive' movements, like sprinting, HIIT or heavy weights training. They are also easily exhausted. The first 10 seconds of explosive movement are fuelled by ATP (adenosine triphosphate) and creatine phosphate, then the lactic acid system kicks in. Fast-twitch fibres convert glucose into energy rapidly, producing lactate, which can create the burn we know as lactic acid – unlike slow-twitch muscle fibres, which can sustain energy breakdown and movement for long periods of time, as in marathon running or lighter strength training. You cannot convert one fibre type

to another (i.e. you cannot gain more fast-twitch muscle fibres for added bulk, or more slow-twitch for performance). But Ruys advises that you can, "Alter the ability of type IIA, medium twitch, to make it more oxidative like slow-twitch fibres; or more anaerobic like fast-twitch fibres."

MICRODAMAGE

Hard work creates tiny tears in the muscle, which results in what we all know as delayed onset muscle soreness (DOMS). "Basically, any muscle activation greater than rest or basic activities will cause micro tears, heavier or harder sessions will result in greater tears and worse DOMS," says Ruys. Post-workout, these tears induce a "reparative response", meaning your body uses protein to repair the muscle, adapting to its new workload and making it stronger and bigger than it was before. If you're working hard enough to cause big-time muscle soreness, you are working hard enough to cause muscle growth.

GENETICS

Alas, we can't control everything about our muscle aesthetic. "For the same stimulus, some people may dramatically increase muscle mass and some may only show negligible to minor visible adaptations," says Ruys. "Your muscle length, stiffness, tendon stiffness, tendon length and your distribution of fast- and slow-twitch muscle fibres are genetically based."

Shorter muscle 'bellies' can mean that your muscles tend to bulge or perk more than someone with genetically longer muscles, which can give the appearance of increased muscle tone. This also means that added mass might be more visible as well. But all is not lost for hardgainers (gym lingo for 'people who find it hard to lay down muscle, or at least show it'). "These factors only determine the degree to which they can be trained and improved – they're somewhat set, and to a small degree trainable," says Ruys.

TRAIN TO TONE

How much you lift (and for how many reps) will largely determine whether your training results in big muscles, or small taut ones. "Tone can come from a lot of things," says Towersey. "But obviously the more you work a particular muscle group, the more definition it gains; this is also dependent on what exercises you choose, the time under tension, the rest periods, the load and the tempo – these can all dictate the way you shape your muscles."

As we know, heavy weights cause bigger micro tears, resulting in bigger repairs and therefore bigger muscles, along with increased strength. But tweaking the other elements of a strength training regime will help you curate your aesthetic more than just how heavy you want to lift.

TIME UNDER TENSION

Time under tension describes your rep range as well as your technique. According to Towersey, the following rules generally apply to rep range and muscle gain:

- » **Lower reps (1–4)** and heavier weight develops strength with very little hypertrophy
- » **Moderate reps (8–12)** and weight promotes some strength and the most hypertrophy
- » **High reps (15–25)** and low weight develops strength endurance with very little hypertrophy
- » **Really high reps** can have a catabolic effect and break muscle tissue down (25+ reps).

This means that for bigger muscles you're looking at a rep range of eight to 12 reps and the weight should be moderate to heavy and trained in a high volume. Towersey advises, "You're really struggling on the last two reps if not going to failure."

For tone without bulk, you're looking more at high reps (15–25) and low weight. "With a lot of the models I work with, we focus a lot on high repetitions and, not low weight... but certainly not really heavy enough to do damage," says

Towersey. "It's not always about training harder but training smarter. "Unless you specifically want to develop size and strength in a muscle group, you don't need to train to failure, so aside from the initial workouts where your body needs to adapt, you may not be sore." The tempo and the way you load your muscles also has to do with how your body muscles up. A 2012 study published in the *Journal of Physiology* found that an increased time under tension induced greater rates of muscular protein synthesis – i.e. bigger muscles. The study asked subjects to lift 30 per cent of their one-rep maximum, a light load, allowing six seconds for each movement or one second for each movement (both to failure) and found that protein synthesis was elevated by 114 per cent and 77 per cent respectively.



REST PERIODS

Resting between sets is meant to allow for muscles to recover enough that you can continue training. By making your rest periods small and keeping your heart rate up, you're transforming your strength routine into a calorie-burning workout. This is not always possible when lifting bigger weights, but within the endurance range, you can make strength training a sneaky substitute for cardio. "If you're using weights correctly to achieve fat loss, then your heart rate should be just as elevated as when you are performing cardio," says Towersey. "Weights can be a more efficient, and

far less boring, form of cardio." So, if shorter rest periods burn calories and stay lean, does that mean that longer rest periods help you get bigger? According to research published in the *Journal of Strength and Conditioning Research*, nope. Recreationally strength-trained individuals completed a six-month training protocol designed for hypertrophy, which incorporated either two-minute or five-minute rest periods, and no significant difference in one-rep maximum or muscle size occurred. According to Towersey, around 60 seconds (within the eight to 12 rep range) should do the trick.



RANGE OF MOVEMENT

"Technique trumps load every time," says Towersey. "It's not practice that makes perfect, it's perfect practice that makes perfect."

Whether you're lifting light or heavy, your technique is going to determine how effective your exercise is. Unfortunately, this might take some time to get your head around. "If you know that an exercise is emphasising the glutes and you're not 'feeling' them engage, then you need to ask yourself why and try and correct your position to remedy this, like squeezing your butt at the top of the hip thrust or glute bridge, and take responsibility for each rep," says Towersey. Poor technique usually results in compensatory behaviours, resulting in the overdevelopment of some muscle groups and the underdevelopment of others, which not only aligns with injury but could also result in asymmetry and uninvited size. "In women, I see two major issues all the time, the first being that – if they sit down all day – their hip flexors become very tight, which inhibits the gluteus from firing and prevents them from building a booty.

"The second is their inability to switch the upper traps off and activate the lower traps when performing upper-body exercises – this makes it hard to develop the mid back, and will mean the development of bulk around the upper back, shoulder and neck area instead, which is not something most women want."

EXERCISE FOR AESTHETICS

The pumped, rippling look sported by female figure models or bodybuilders is usually the product of plenty of time spent in the gym doing lots of different types of heavy lifting, but often these figures are achieved using a certain style of weights training. "Lots of people focus on bigger, compound movements," says Towersey, "That's your squats, deadlifts, pull-ups, your bench-presses and dips."

The longer, leaner aesthetic requires a slightly different approach involving (as aforementioned) less weight and more reps. For a more curated shape, you can take the focus off whole body workouts and focus on individual areas. "A lot of the workouts I do in my Creating Curves program are about

THE FAT CHAT

With Alexa Towersey

Who said weight training makes you fat, and that skinny equates to toned? We unpack some of the many misconceptions about starting out with weights:

TELL US, HONESTLY, DOES STRENGTH TRAINING MAKE US 'FAT'?

"'Getting big' is one of the most common stigmas that is attached to lifting weights; however, most women do not have the genetic or hormonal makeup, enough testosterone, to really develop muscular size and definition, certainly not in the timeframe that they think. Lifting weights encourages the development of lean muscle, which increases your resting metabolism, and can make you hungrier. This is where most people come undone: you won't 'get big' from lifting weights, you'll get big from eating crap while you're lifting weights. To stay long and lean, pick the right exercises in the right rep range and support your training with optimal nutrition."

BUT WHAT IF I GAIN WEIGHT?

"Most people do not understand the difference between

'weight loss' and 'fat loss' – muscle weighs more than fat, but is smaller in size. Would you rather be bigger and weigh less, or smaller and weigh more? Know your own objective, and train for it."

DO I NEED TO BE 'SKINNY' TO LOOK TONED?

PRO TIP:

"Pilates brings greater awareness to the core, an enhanced ability to isolate individual muscles, and switches on the smaller muscles and stabilisers that prevent against injury, even out structural imbalances and improve posture, which automatically makes you look longer and leaner," says Towersey.

"The training you do in the gym creates the muscle tone or muscle mass, and the correct nutrition allows you to get lean enough to show it off at its full potential.

If you're looking for clear muscle definition, you need to lose the subcutaneous, or surface, fat. It's true when they say, 'abs are made in the gym and revealed in the kitchen'."



developing the glutes, the hamstrings, the posterior chain, because that's not only going to help them look more proportioned but also prevent them from developing future injuries as well." This is the routine of her one-time Miss Universe trainees, Renae Ayris and Laura Dundovic.

For those just beginning in strength training or those looking at honing tone out of the gym, bodyweight exercises will form an essential part of your workout. "If you don't have perfect movement patterns and can't achieve full range of motion in an exercise, you shouldn't be loading it with weight," says Towersey. "Especially when you are just starting out, using your own bodyweight can be extremely effective.

"When using your own body weight, it is far more important to learn to 'connect' to the right muscles, i.e. that hold and squeeze at the top of a glute bridge. The only problem here is that you can't really 'up your weights'. Body weight exercises will 'maintain' tone and certainly keep things tight and lean, but there will be very minimal muscle development."

If you really want to change your physique with muscle and become more 'defined', at some point you are going to have to start using weighted equipment. If you're not finding bodyweight squats challenging in the 15- to 25-rep range, it's time to hit the squat rack. "We encourage a little muscular development using bodyweight or light weights by inducing metabolic stress with high reps and low rest."

CREATE CURVES LIKE MISS UNIVERSE AUSTRALIA...

WARM-UP

5 MINUTES SKIPPING: "Skipping engages and strengthens the feet and arches, which then translates into strength and tone in the legs," says Towersey. "The cardio also warms the body up to make the mobility drills more efficient and effective."

HIP FLEXOR STRETCH: "If the hips are tight, the glutes won't fire and it doesn't matter how many squats you

do, you will never build a booty."

Fun fact: "Did you know the best way to activate the glute maximus is tactile, i.e. slapping it?"

WALL SQUAT: "To reinforce the alignment of the hip, knee and second or third toe, the upright position of the squat can help lengthen and strengthen the lower back."



TRY THIS... YOU'LL NEED: A Swiss ball // some light weights



LATERAL LUNGE x 12 each leg (24 total)

- » Weight is always on the heel when stepping out; feet slightly turned out with knees tracking second toes.
- » Working leg is bent, engaging the glutes and hamstrings, while the non-working leg is straight and stretching through the inner thighs.
- » Start with body weight only and focus on staying upright and getting full range of movement.



DUMBBELL THRUSTER (full squat to overhead press) x 15

- » This is a full 'ass to grass' squat. Stay upright. Weight on the heels. Use the momentum of your legs to drive your arms.

SWISS BALL REVERSE HYPEREXTENSION x 20

- » Hands on the ground, directly underneath the shoulders, hips on top of the ball and toes touching the ground so you are forming an inverted V with your body.
- » Legs wide, turn the toes out and flex the feet.
- » Squeeze your butt at the top of the movement for two seconds before lowering with control to touch and go again.



SIDE PLANK, 30 seconds each side

- » Elbow lined up directly under shoulders with body in a straight line and both hip bones facing forwards. Ankles, hips and shoulders stacked straight on top of each other.
- » Drive the hips up towards the ceiling.

SQUAT JUMPS x 15

- » Stay as upright as possible. Full squat. Weight on heels. Drive the hips forward through the arms as you jump, trying to get as much height as possible.

LOVE THESE MOVES?

Get full workouts and six weeks of training, nutrition and lifestyle tips with The Creating Curves Program, available at

alexatowersey.com.au ■

SUPPLEMENT SHOWDOWN

CARNITINE, CREATINE, BRANCHED CHAINS, OH MY. WE DELVE BEYOND THE POP SCIENCE TO REVEAL WHAT THAT SUPPLEMENT'S REALLY DOING AND WHETHER YOU ACTUALLY NEED IT.



= ESSENTIAL AMINO ACID

Isoleucine; Leucine; Lysine; Methionine; Phenylalanine; Threonine; Tryptophan; Valine



= NONESSENTIAL AMINO ACID

Alanine; Arginine; Asparagine; Aspartic Acid; Cysteine; Glutamic Acid; Glutamine; Glycine; Histidine; Proline; Serine; Tyrosine

Ready, amino, fire

One of the body's main building blocks for muscle, bone, skin and other tissues, protein comprises about half of the body's dry weight. Under a microscope, proteins reveal their composition of amino acids, which during digestion are released to make new proteins and hormones such as adrenaline and, in the absence of adequate glycogen, used as an energy source.

"A protein's nutritional value or quality is judged by how many of the nine essential amino acids [which the body can't produce so must source from the diet] it provides and in what quantity," says Dairy Australia accredited sports dietitian Glenys Zucco.

"Protein from animal sources, such as meat and milk, is high quality, because it contains all nine of the essential amino acids. Most

vegetable protein is considered incomplete because it lacks one or more of the essential amino acids."

With amino acid-rich meat and dairy products, eggs, seeds and nuts, beans and lentils, soy products and grains – especially wheat – are sound sources of dietary protein. Vegetarians and vegans need to eat a balanced diet of non-meat and dairy protein sources for optimal nutrition.

Gym pickings

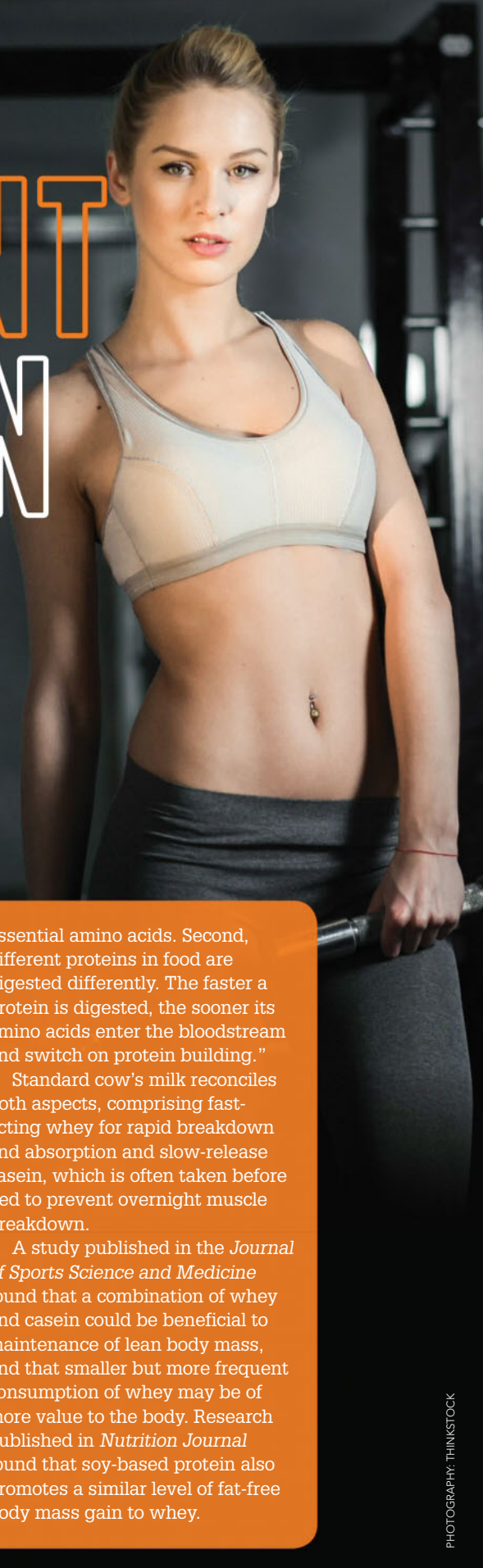
Zucco advises gym-goers to consider their protein carefully. Which type you choose could help or hinder how hard, fast and long your session is – and how well you recover.




"There are two important aspects to consider. First, when it comes to building new muscle tissue, you need a high-quality protein source that contains the

essential amino acids. Second, different proteins in food are digested differently. The faster a protein is digested, the sooner its amino acids enter the bloodstream and switch on protein building."

Standard cow's milk reconciles both aspects, comprising fast-acting whey for rapid breakdown and absorption and slow-release casein, which is often taken before bed to prevent overnight muscle breakdown.

A study published in the *Journal of Sports Science and Medicine* found that a combination of whey and casein could be beneficial to maintenance of lean body mass, and that smaller but more frequent consumption of whey may be of more value to the body. Research published in *Nutrition Journal* found that soy-based protein also promotes a similar level of fat-free body mass gain to whey.



		
MUSCLE	RECOVERY	CARDIO
		
WEIGHTS	FUEL	WEIGHT/ BODY COMP

BCAAs (ESSENTIAL)



THE CRUX: The darlings of the fitness scene, branched chain amino acids (BCAAs) include amino acids leucine, isoleucine and valine. The trio is considered essential (it can't be manufactured by the body and must be obtained from protein-rich foods). BCAAs account for 35 per cent of the essential amino acids found in muscle proteins and, unlike other essential amino acids, which are broken down in the liver, BCAAs can be oxidised in skeletal muscle, meaning they can be used as fuel during exercise.

WHAT IT DOES: BCAAs, especially leucine, stimulate protein synthesis or muscle building and inhibit muscle breakdown, and provide extra fuel to prolong workouts.

GOOD NEWS: The net effect of regulating protein synthesis and protein breakdown is preventing catabolic effects of exercise. If you're toying with fasted workout protocols to get the fat-burning perks without the protein breakdown, this may be your golden ticket.

NOT SO GREAT: No toxic effects have been found, even at 1.25 grams per kilogram of body weight over a year (that's four to five times the going daily dosage).

HOW MUCH TO TAKE: Most protocols use a higher dosage of leucine and smaller dosages of valine and isoleucine, ranging from six to 14 grams of BCAAs per day (two or three of leucine and one each of valine and isoleucine). Studies show that supplementing before training can decrease markers of muscle damage in endurance and resistance-trained athletes. After exercise, it stimulates muscle building and recovery.

Edited extract from *The Athlete's Guide to Sports Supplements* by Kimberly Mueller and Josh Hingst (Human Kinetics, humankinetics.com)

ACETYL-L-CARNITINE (ALC OR ALCAR)

THE CRUX: A derivative of the amino acid L-carnitine, alcar is produced naturally in the brain, liver and kidneys and is known to facilitate uptake of acetyl CoA into the mitochondria during fatty acid oxidation, enhance acetylcholine production, and stimulate protein and membrane phospholipid synthesis.

WHAT IT DOES: Common claims include improving strength, force and power production and helping to reduce the oxidative stress associated with exercise. Promises include enhanced energy production and increased fat oxidation. It may also expedite recovery from training, so you can get back on the workout horse sooner.

GOOD NEWS: ALCAR supplementation is considered safe even with use exceeding a year.

NOT SO GREAT: Despite its use in numerous nutritional sports supplements, alcar has not been evaluated for effectiveness in healthy athletes.

HOW MUCH TO TAKE: 1 to 3 grams daily.

ACETYL-CYSTEINE



THE CRUX: A derivative of the amino acid L-cysteine, which is produced naturally by the body, acetylcysteine (NAC) is marketed as an antioxidant that may protect against skeletal muscle fatigue.

WHAT IT DOES: Production of free radicals during muscle contraction is associated with muscle fatigue and damage in the short term as well as favourable adaptive responses, specifically a stronger natural antioxidant defence system, in the long term.

GOOD NEWS: This may let you work out longer by protecting against muscle fatigue.

NOT SO GREAT: Side effects can include nausea, vomiting, diarrhoea, rashes and headache. There's a remote chance of developing cysteine stones in the kidneys.

HOW MUCH TO TAKE: A dose of 1,800 mg was shown to reduce respiratory fatigue during high-intensity exercise, meaning subjects could work out longer. Tablets and capsules are generally prescribed in one to three daily doses of 600 mg.

NOTE: High doses of antioxidants may, over time, interfere with positive adaptation effects of training and mess with processes like vasodilation, which helps ferry oxygen and blood to working cells. It could also inhibit insulin signalling, interfering with the uptake of glucose by muscles for energy – a bit like getting an air bubble in your fuel tank.

BETA-ALANINE



THE CRUX: An amino acid naturally synthesised in the body and found in chicken, beef, pork and fish, beta-alanine has been linked to explosive muscle strength and power and prolonged anaerobic endurance and aerobic capacity.

WHAT IT DOES: May inhibit acidosis, which is the drop in muscle pH as adenosine triphosphate (ATP) is broken down for energy production. That's what's going on when you feel that burning sensation and subsequent muscle fatigue, reduced power output and muscular failure.

GOOD NEWS: This may impact intramuscular levels of carnosine, which is fundamental to maintaining an optimal pH within muscle, letting you work out longer and lift stronger.

NOT SO GREAT: There have been reports of skin irritation, flushing and tingling with doses above 10 mg per kilogram of body weight. High doses taken for more than four weeks can interrupt taurine uptake and adversely affect your ticker.

HOW MUCH TO TAKE: Between 3.2 and 6.4 grams a day for up to 12 weeks (with continuous use you should notice performance gains between weeks three and five). Taking beta-alanine with carbohydrate may fast-track the performance response by increasing insulin into cells. Taking the supplement immediately before and after training may promote increased uptake by muscles.

CAFFEINE



THE CRUX: A plant-derived chemical compound with well-backed ergogenic (performance-enhancing) clout.

WHAT IT DOES: What doesn't it do? Absorbed within the stomach and intestine, it can trigger a number of pro-performance responses for as long as four hours. By stimulating the brain and central nervous system, this legal drug enhances alertness and focus, promotes better coordination, mobilises fatty acids from fat tissue in the bloodstream and increases fat oxidation. Which means it helps to spare muscle glycogen and protect against premature muscle fatigue (a.k.a. 'hitting the wall'). In a nutshell, you can work out more efficiently and for longer.

GOOD NEWS: Unlike many supplements, which rely on word of mouth, caffeine rests on solid science demonstrating its performance perks.

NOT SO GREAT: Because the body can build tolerance to caffeine, for optimal benefit preface your caffeine trial with a week to 10 days caffeine free. It may also act as a diuretic, increasing the risk of dehydration, so stay below 300 mg.

HOW MUCH TO TAKE: Evidence suggests caffeine ingestion of 1.3 to 4 mg per 0.45 kg of body weight to enhance endurance exercise performance (studies showed a 20 to 50 per cent increase in exercise time to fatigue in cyclists and runners who'd taken that dose, with a third of the credit going to its muscle-sparing cred). Doses as low as 0.45 mg per 0.45 kg of body weight have been shown to be beneficial.

NOTE: An average cup of drip coffee contains 115 to 175 mg, while instant contains 65 to 100 mg. A can of cola has around 35 to 55 mg, black tea 40 to 60 mg and green tea 15 mg.

ARGININE



THE CRUX:

A conditionally essential amino acid, arginine can be made in the body and synthesised from foods like nuts, seeds, beans, fish and chicken. The typical daily intake through food is three to six grams. However, extreme stress can hamper production.

WHAT IT DOES: Can be metabolised into glucose for energy during exercise and plays a key role in the production of nitric oxide and creatine. It's also known to stimulate growth hormone, which helps with building lean body mass. (To you and us, toning and boosting metabolism.) Growth hormone can promote protein synthesis, which is critical for muscle recovery and building and it promotes fat burning (geek speak: 'lipolysis'). Nitric oxide allows improved blood flow to muscles, enabling optimal

delivery of oxygen and other nutrients needed for performance. It's an all-round body composition weapon.

GOOD NEWS: Protein synthesis for muscle building and recovery, enhanced fat burning and strength, power and endurance benefits.

NOT SO GREAT: Some studies have shown conflicting results, particularly with respect to impact on nitric oxide production in trained athletes (it may be better for newbies). It's not a magic bullet.

HOW MUCH TO TAKE: A 2010 study found that 1.5 to three grams of arginine before exercise could prevent neuromuscular fatigue. A 2008 study suggested that nine grams was best to increase resting growth hormone and possibly stimulate growth hormone production by 100 per cent. Prescribed doses are usually between two and nine grams per day – with a safe upper limit of 20 grams a day.

CITRULLINE MALLATE (CM)



THE CRUX: A nonessential amino acid (L-citrulline) bound to an organic salt compound (malate), citrulline malate is a nutrient combo marketed as an ergogenic aid.

WHAT IT DOES: Claims include reducing muscle fatigue, enhancing aerobic energy production and facilitating optimal recovery.

GOOD NEWS: Athletes may benefit from increased endurance during aerobic training and competition as well as faster recovery between high-intensity bursts of energy common in interval training. According to one study, CM supplementation can amplify the effectiveness of BCAAs during exercise, which may further improve recovery.

NOT SO GREAT: There have been reports of stomach upset when use exceeds 8 grams a day.

HOW MUCH TO TAKE: Four to 8 grams on a given day – think 8 grams half an hour before competition. If you're using it as a daily supplement during comp season, try splitting your intake into two doses, taking two to three grams half an hour before exercise and another two to three grams at bed time, preferably on an empty stomach.

LEUCINE (aka L-leucine, D-leucine or branched-chain amino acids)

THE CRUX: An essential amino acid (that is, your body can't make it) found in lentils, beef, fish, chicken, nuts, pork, eggs, chickpeas and milk. It behaves differently to other branched-chain amino acids (BCAAs). While most are mainly catabolised in the liver, leucine can be oxidised in skeletal muscle.

WHAT IT DOES: As well as being a building block for the synthesis of proteins in the body, leucine can signal cells to begin protein synthesis (or muscle building). It's thought that it enhances the cell-signalling pathway, causing it to increase production of proteins. For you that means taking leucine before exercise may prevent the breakdown of proteins and result in less muscle damage from training. Post-workout, supplementation can supercharge recovery by signalling protein synthesis for recovery and muscle rebuilding.

GOOD NEWS: Research shows that pre-workout leucine can lessen protein breakdown and muscle damage from training and ramp up recovery.

NOT SO GREAT: Complete proteins found in eggs and whey have similar advantages. Studies have shown that there's a cap on leucine's potential – once you hit a dose of 1.8 grams, you'll see little or no extra benefit from more. There's also no point taking leucine on its own if you've already downed enough complete proteins pre- or post-workout (see eggs and whey).

HOW MUCH TO TAKE: If you can't stomach an egg or shake, try .03 to .045 grams per kilo of body weight before and after exercise. There's no evidence that more is harmful – just futile. ■

Australia's Premier Women's Only Fun Run

sussan
womens fun run

15

CELEBRATING

30

1986 - 2015



Half Marathon ~ 10km Run/Walk ~ 5km Run/Walk
~ Girls Mini Fun Run ~

6 DECEMBER 2015
CATANI GARDENS, ST KILDA

Celebrations include Music Zones, Fancy Dress and Pink Bar.

sussanwomensfunrun.com.au



Connect with us on Facebook, Twitter and Instagram
to stay up to date with all event information

Breast
Cancer
Network
Australia



Women's
health&fitness
magazine

smoothfm **91.5**

LINENHOUSE

SuperSprint
EVENT



16-MINUTE FAT BLAST

Who says you can't be busy and buff?

Photography: Noel Daganta

Words/workout: Melissa Le Man (pictured)

Fitting in workouts when you've got to get the kids to school before work – after making lunches and ironing – can seem like a superhuman feat. Often, it's easier to simply cross fitness off your to-do list, but we have a better idea – working out smarter, matching the results of a 30- or 60-minute workout in 16 minutes! We have designed a 16-minute fat-blasting workout to get you super fit in a flash. In your quest for firmer legs, tighter abs and sculpted arms with limited time, our workout will increase your metabolic rate with full-body dynamic moves and you will be burning fat for longer after your session – Winning!

**PERFORM THIS
CIRCUIT IN THE
FOLLOWING ORDER:**

EXERCISE	WORKING SET	RESTING SET
DUMBBELL JUMP SQUATS	20 secs ON	10 secs OFF
BATTLE ROPES	20 secs ON	10 secs OFF
OVERHEAD WALKING LUNGES	20 secs ON	10 secs OFF
MEDICINE BALL SLAMS	20 secs ON	10 secs OFF
KETTLEBELL SWINGS	20 secs ON	10 secs OFF

After completing one set of the above, rest for 90 seconds and repeat for four rounds.



DB JUMP SQUATS

TARGETED MUSCLES: Quads, Hamstrings, Glutes, Calves, Abs

1. Hold dumbbells by your side, the weight should be light enough that it doesn't slow you down significantly.
2. Your feet should be just outside of shoulder width with your head and chest up. This will be your starting position.
3. Squat down and immediately reverse your direction to explode off the ground, extending through your hips, knees and ankles. Maintain good posture through the jump.
4. As you return to the ground, absorb the impact through your legs.



BATTLE ROPES

TARGETED MUSCLES: Shoulders, Arms, Abs

1. Place both hands on the rope while sitting into a squat position with your chest up.
2. Initiate the movement by rapidly whipping your hands to shoulder level as quickly as you can followed by whipping the rope down as fast as you can.
3. Repeat with force.





OVERHEAD WALKING LUNGES

TARGETED MUSCLES: Glutes, Hamstrings, Calves, Abs, Arms

1. Begin by standing with your feet shoulder-width apart with a weight plate in your hands above your head. Keep your core engaged at all times.
2. Step forward with one leg; descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.
3. Drive through the heel of your lead foot and extend both knees to raise yourself back up.
4. Step forward with your rear foot, repeating the lunge on the opposite leg.



MEDICINE BALL SLAMS

TARGETED MUSCLES: Back (lats), Abs

1. Hold a medicine ball with both hands and stand with your feet at shoulder width.
2. Raise the ball above your head and fully extend your body.
3. Reverse the motion, slamming the ball into the ground directly in front of you as hard as you can.
4. Receive the ball with both hands on the bounce and repeat the movement.

KETTLEBELL SWINGS

TARGETED MUSCLES: Quads, Hamstrings, Glutes, Calves, Abs

1. Stand over the kettlebell with feet hip-width apart, chest up, shoulders back and down. The bell should be in line with the middle of your feet. Choose a kettlebell that allows you to swing with perfect technique while still challenging you.
2. Squatting down, grip the kettlebell with palms facing you and thumbs wrapped loosely around the handle.
3. Stand tall, still gripping the bell. Keep your arms long and loose while retracting your shoulders blades and engaging your core. Soften the knees, shift your bodyweight into your heels and lower your rear end back and down. At this point you should be ready to swing into action.
4. Driving through your heel, explode through the hips to send that weight swinging upward from your quads. We're aiming for chest height, with the arms extended. Achieving this finish position requires you to snap your hips through, contracting your core while squeezing your glutes.



5. As the kettlebell begins to descend, let the weight do the work as you ready your body for the next rep. Shift your weight back into your heels while hinging at the hips and loading both the hamstrings and glutes. Receive the weight, allowing the kettlebell to ride back between your legs.



TIP: Choose a weight that challenges you but does not inhibit your form or slow you down too much as the basis of this circuit is to keep going, keep the heart rate up and tune into contracting the muscles throughout the exercises. ■

ULTIMATE STRETCHING & FLEXIBILITY

YOUR GUIDE
TO SAFE
AND FAST
RESULTS

Discover:

- The physical impact stretching will have on your body
- The numerous styles of stretching and what will benefit you personally
- How to get the most out of your stretching time
- Sport specific stretching and how to tailor your program
- The best time to stretch and how to incorporate it into your everyday life
- How to avoid injuries



Call (03) 9574 8460 or visit subscribeandshop.com to order your copy



MAXIMISE YOUR STRETCHING RESULTS

Carrot Cake MUFFINS

FIT TIP

This is the perfect use for fresh produce that's past its prime and a great way to meet your vegie quota. Zucchini is another winning base for muffins.

Replaces:

Carrot cake / cake muffins

115 CALORIES | 8 G CARBS | 5 G SUGAR

WHAT YOU'LL NEED:

FLOUR OPTION

- 3 cups almond meal
- ¼ tsp baking soda
- 1 tsp baking powder
- Cinnamon
- ½ cup apple sauce
- ¼ cup coconut oil
- 5 free range eggs
- 1 cup shredded carrot
- Vanilla extract
- Dark sugar-free chocolate, grated, to garnish

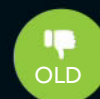
WHAT YOU'LL DO:

Mix together the first four ingredients in a bowl. Mix remaining wet ones in another bowl until well combined. Add the dry ingredient mixture to the wet one and combine until smooth. You can mix by hand or in a blender for a smoother consistency. Pour into a mini muffin tin or loaf tin lined with parchment paper and bake for 30 to 35 minutes at 190°C until golden brown or until a metal toothpick comes out dry.

NUTRITION (per serve):



VS



CALORIES

480kJ

1,250kJ

CARBS

8g

41g

SUGAR

5g

21g

PHOTOGRAPHY: THINKSTOCK



Recipe by
RITA CATOLINO
yourbeautyfuel.
com

"To emulate the icing on standard carrot cake and impart a tantalising contrast to the carrot's natural flavour, try mixing a scoop of your favourite protein powder with a few drops of water and mixing to a paste. For a syrup to pour over, simply add more water or reduce the amount of protein powder. Cinnamon swirl is my favourite!"

Gelfie

n. Selfie taken in gym attire; often carefully styled and shot.



#RAWFITSP0

Want to be part of our raw fitspo?

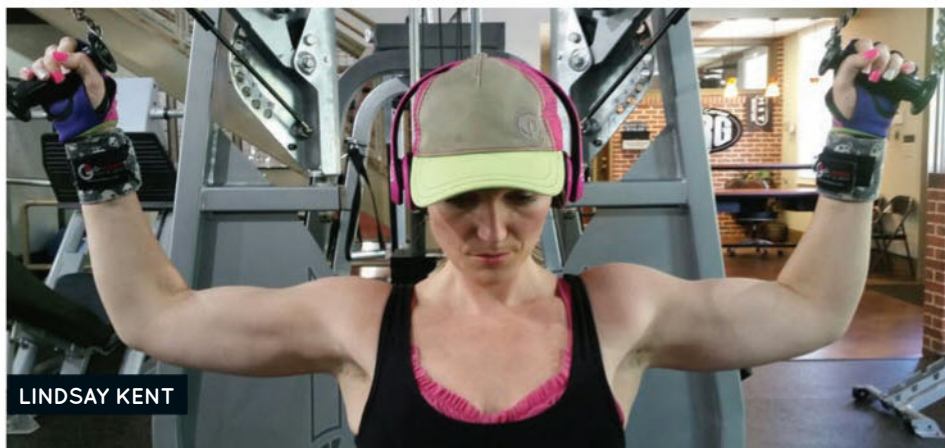
Watch our Facebook page for callouts or send your photos to gelfies@womenshealthandfitness.com.au (Filter free, please.)

WOMENSHEALTHANDFITNESS



WHANDFMAG

If your career was keeping fit, would you think about exercise differently? This month we recommend shifting your exercise perspective from gym goer to amateur athlete.



RAW FITSPO

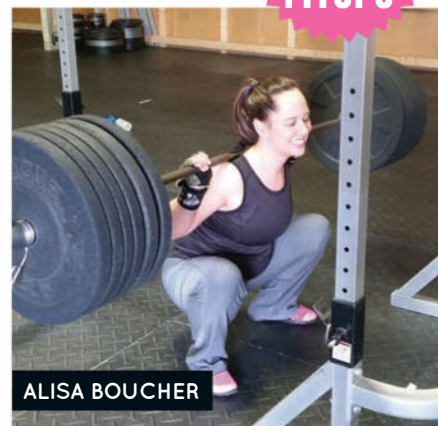
*Inspire
like an athlete*

RAW
FITSPO

Supporting athletes don't hit the gym in pursuit of tighter thighs; they go with the ambition of coaching their body and mind into optimum performance. Traditional fitspo has a habit of promoting bangin' bodies as the best outcome of health, fitness and happiness. This gives you what is known as an extrinsic motivation, whereas strutting out of the gym feeling like a million bucks, face red and endorphins flowing is a product of the intrinsic motivation.

We know which one we prefer.

Making the mental transition from extrinsic to intrinsic motivation – or training to look good versus training to feel good, respectively – means you're thinking more like an athlete. Journalist, avid amateur athlete and author David Nicholson (freelancejournalist.co.uk) has spent his life drawing parallels between athletic performance and empowering yourself in everyday life. He's even written a book about it: *Think Like an Athlete*. We've borrowed some of his words of wisdom to get you inspired.



*Persistence
IS ONE FORM OF
PROGRESS, WHICH
HAS FEW OUTWARD
SIGNS BUT IS
nevertheless vital.*

Want to be part of our raw fitspo? Watch our Facebook page for callouts. (Filter free, please.)



CHOOSE
ACTIVITIES THAT
MAKE YOU FEEL
powerful.

ROBIN BALL

*Blind
optimism is no
substitute for a
constructive, well-
balanced positive
outlook on life and
on the future.*



ANIKA SALERNO



L-R: SARAH SCHUTT, REBECCA SCHLICHER,
JORDYN MURRAY, AND AMANDA ISICKS

*It's not
just about
CONSTANT,
REPETITIVE
PRACTICE,
but about
THE QUALITY
of the plans
we make.*



AYSA CABRAL

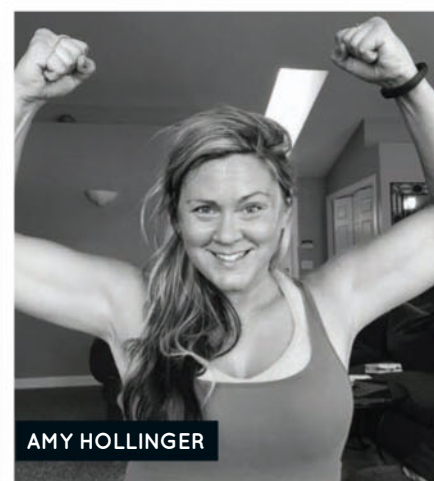


ALICIA HUNT

**PRACTISE
MENTAL
TOUGHNESS.**



SARAH KASSIMER



AMY HOLLINGER

Winter Yoga

WARM-UP SERIES

Feel the burn
and unite mind and
body without leaving
your bedroom with
this invigorating
yoga series.

Words: Sammy Veall (yoga213.com.au)
Photography: Amanda Fordyce (amandafordyce.com)

flowing breath connection with a twist

SURYA NAMASKAR, A SULATE TO THE SUN

In this sequence we work entirely with breath and each movement is only made when each breath begins and ends. Can be done with the eyes closed for a more internal experience.

1. In **MOUNTAIN POSE**, inhale the arms up and interlace the fingers at the top. As you exhale, stretch to the right. Inhale back to centre. Exhale as you stretch to the left. Inhale back to centre and exhale as you release the hands to the floor into Uttanasana. Pause halfway, hands to shins and inhale. Exhale to fold, plant the hands and bend the knees.

BENEFIT: Improves posture, strengthens ankles, knees and thighs.

2. Exhale, step back into **HIGH PLANK**. You want to stack the heels above the toes, lift up through the belly while keeping a straight line from the heels all the way out through the torso. Relax the neck.

BENEFIT: strengthens your upper body, particularly arms and core.

3. Inhale lift the chest into **UPWARD DOG**. Push into the tops of the feet to lift the kneecaps up off the floor. Tuck the pelvis under slightly and pull in through the belly. Ground down through your hands and actively pull the shoulders down away from your ears. Relax the toes.

BENEFIT: Stretches chest and shoulders, relieves minor depression and fatigue.



4. Exhale back to **DOWNWARD DOG**.

For the first few breaths, bend the knees and relax through the shoulders. Hands are shoulder width and feet are hip width. Spread the fingers wide and as you push down through the palms of the hands, lift up through the belly and start to externally rotate through the shoulders. Hold and breathe.

BENEFIT: Lengthens the spine and strengthens the back.

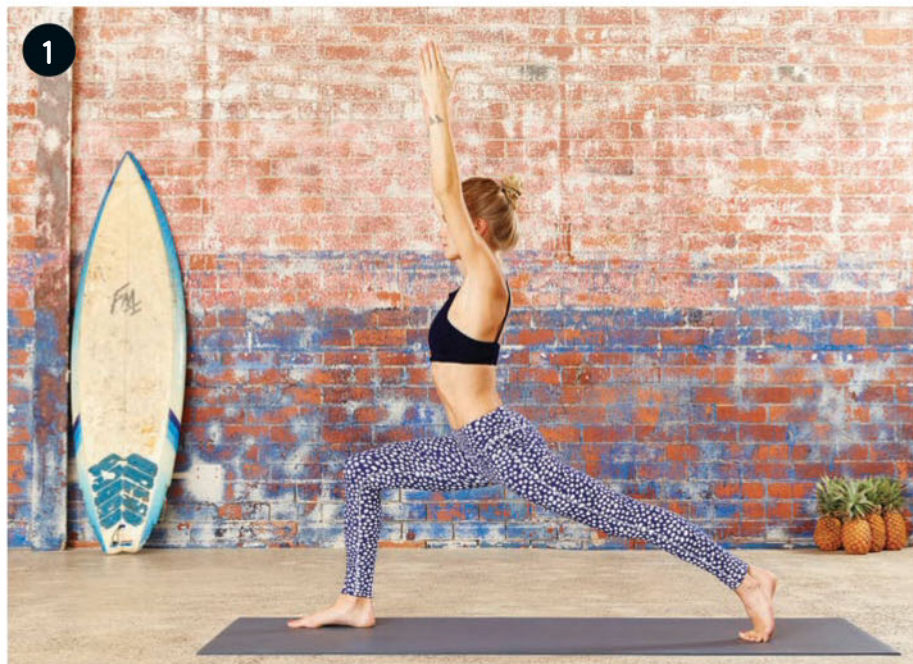
5. Step both feet in slightly as you inhale, reach the left hand to the right ankle, big exhale as you look under your right armpit, twisting through the spine into **TWISTED DOWNWARD DOG**. Take a few more deep breaths in here, finding that sweet spot when the breath pauses before moving again. Switch sides. And repeat the whole sequence at least three times for a full body workout!

BENEFIT: Detoxifies the spine, increases full body circulation.

Feel the base move through your chakras

NOW WE ARE WARMED UP, IT'S TIME TO DROP IT LIKE IT'S HOT.

Working with activating the legs and the arms through a standing sequence, put on your favourite RnB and hip hop playlist and turn it up. This sequence is all about letting go and feeling the music.



1. Starting in downward dog, inhale the right leg up in the air. As you exhale, step the foot in between your hands, keeping the front knee in line with your ankle. Reach both arms up to the sky and into **CRESCENT POSE**. Activate through your

fingertips while keeping the shoulders down away from your ears and stack the back heel above your toes so all the muscles in your back leg are flexed. Hold and breathe.

BENEFIT: Improves balance, stretches the hips and psoas.

2. Take the hands into a prayer in the chest and float the chest forward out over your front knee. Hold here to feel the activation in the core. As you exhale kick off the back foot into **WARRIOR III**. You can play around with the variations with your arms, reaching

them out in front, interlacing the hands behind the back or keeping them at a prayer in the chest if you have trouble with balance. You want to try and make a straight line from your back heel all the way out through your torso. Square the hips by angling the back pinky toe down towards the mat and lift up through your belly.

BENEFIT: Tones and invigorates your whole body, strengthens thighs.

3. As you exhale land the foot gracefully on the mat, cupping the back heel down at 45 degree angle and open the arms out into **WARRIOR II**. Keeping the arms inline with each other, roll the shoulders down your back, tuck the pelvis and watch that front knee doesn't fall inwards. You want to move the knee outwards to gain a deeper stretch in your groin. Hold and breathe.

BENEFIT: Stretches the groin, chest, lungs and shoulders.

4. As you inhale, reach forward, flip the palm and reach up high to the ceiling into **REVERSE WARRIOR**. Keep the front knee inline with your ankle and breathe into this whole side body stretch.

BENEFIT: Stretches the oblique muscles and opens the chest.

5. As you exhale, release the right hand inside your foot, keeping the left hand reaching up into **SIDE ANGLE POSE**. Push your right elbow into the side of your knee for a deeper inner thigh stretch. Keep the pelvis tucked under here and reach so high up with the top hand that your shoulders start to separate and that bottom hand almost feels like it's floating. Exhale, release both hands to the mat, go through an optional flow and switch sides.

BENEFIT: Increases endurance and stamina, stimulates the core.

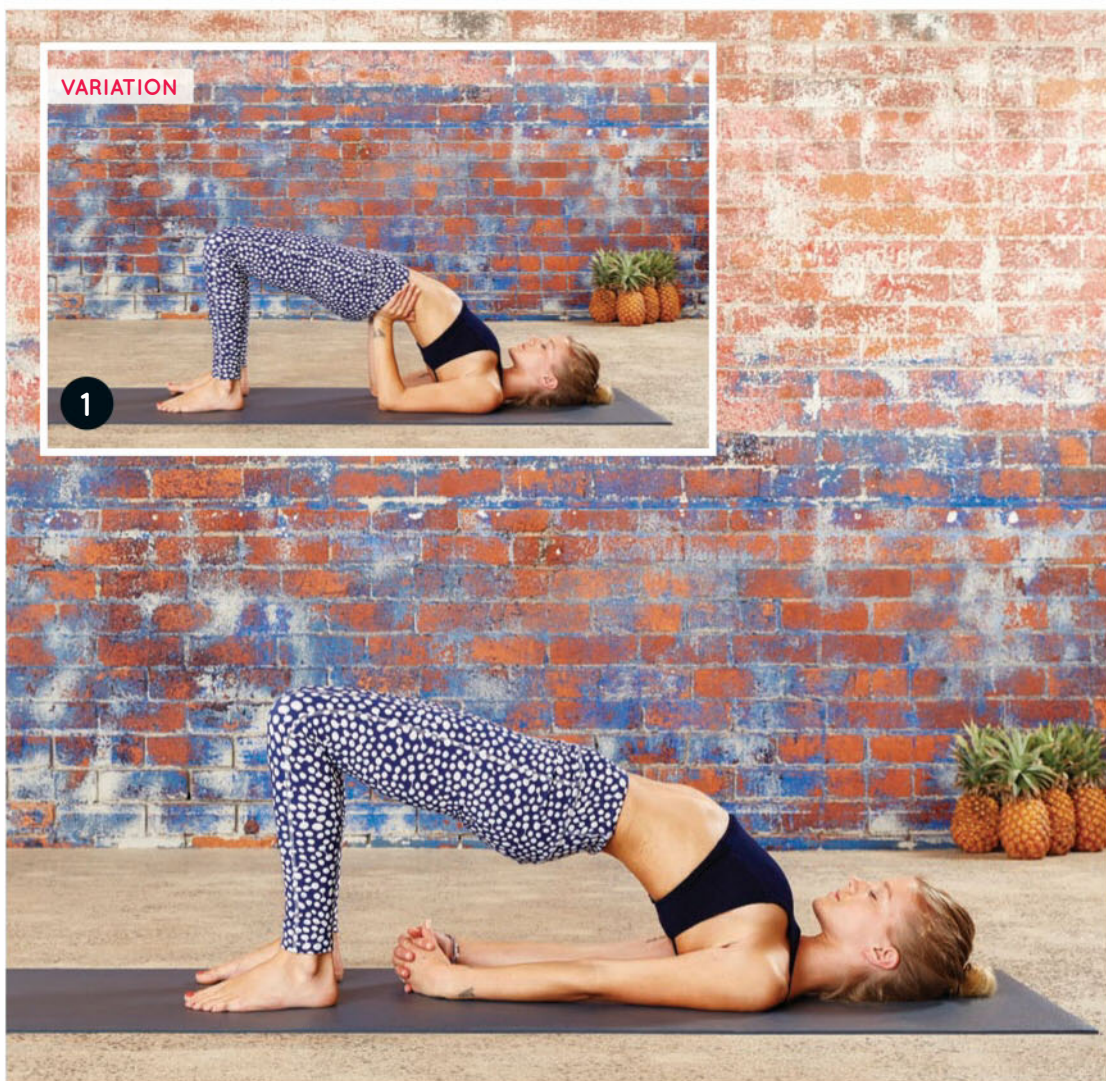
Open heart, calming mind

THE WHOLE AND PURE REASON WE COME TO YOGA.

Now it's time to wind down. You want to become super aware of your body in this last sequence. Listen to your heartbeat, take time coming in and out of poses and feel each breath as it moves through the body.

1. Start by lying on your back. Pull the knees up into the chest and slowly rock side-to-side, massaging out through the lower back. Release the knees, placing the feet on the floor at hip width. Pull the heels back in towards your buttocks – you should be able to touch the backs of the heels with your fingertips. Place the hands beside you; as you inhale, pull in through the belly, activating the core and as you exhale, lift the hips up into bridge pose. Keeping the knees inline with your ankles, pull the muscles in the legs towards each other to relax through the glutes. Option to place the heels of the palms in the small of your back with the fingertips pointing outwards into **SUPPORTED BRIDGE**. Exhale slowly, roll down the spine.

BENEFIT: Reduces backache and headaches. Rejuvenates tired legs and calms the central nervous system.



2. Place the hands beside the head with the fingertips pointing towards the shoulders. Keep the feet in the same position, with the toes slightly pigeon toed. You want to become super active in the feet; think of these as your powerhouse. Inhale to prepare and as you exhale, send the hips up high into the air into **WHEEL POSE**. Relax through the neck and keep the muscles in the legs moving towards each other, relaxing the glutes. Move the chest through you shoulders and breathe for eight deep inhales and exhailes. When you're ready, roll down the spine and relax into the floor, resisting the urge to move. Just sit with it and have a listen to your heartbeat.

BENEFIT: Stimulates the thyroid glands, relieves low back pain.

3. Pull the knees into the chest, placing the hands down beside your body. Lift the hips up high, resting on the backs of your shoulders with the knees in towards your head. Place the heels of the palms at the small of your back with the fingertips pointing up towards the ceiling. Lift the legs up high into the air into **SHOULDER STAND**. Move the chin away from your chest, pull in through the belly and tuck the pelvis under. You want the ankles to be stacked above the knees, knees above the hips and hips above shoulders in one straight line. Close the eyes and breathe. Exhale to release the knees back to the chest and slowly roll down the spine. Keep the knees in and slowly rock side to side.

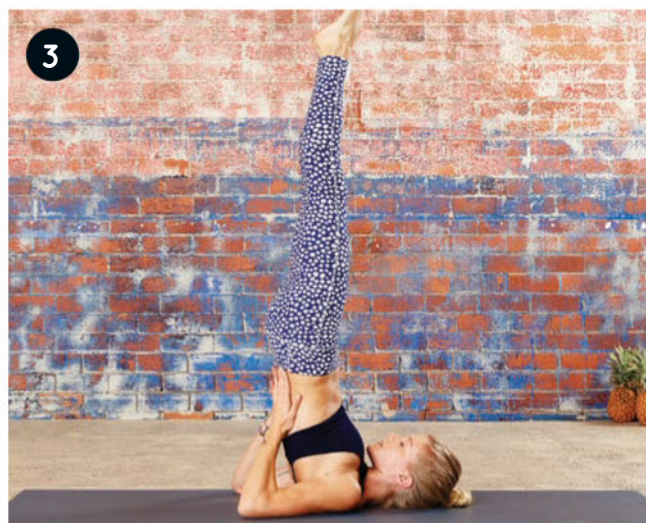
BENEFIT: Improves digestion, strengthens your upper body.

4. Lift the legs up in the air, taking a hold of the outsides of your feet into **HAPPY BABY**. Pull the knees in towards your armpits and stack the ankles above the knees. Keep the core activated, and the hips on the floor. Relax through the neck and breathe. Exhale, release, lying prone on the floor.

BENEFIT: Calms the brain and helps to relieve stress and fatigue.

5. Take the soles of your feet together and your knees wide into **SUPTA BADDHA KONASANA**. Place one hand on your tummy and one hand on your heart. Listen as you inhale and exhale. Keep the core lightly activated and relax into it as you feel your knees start to move closer towards the floor. Hold and breathe, slowing down the heart and the breath.

BENEFIT: Stretches your inner thigh and groin muscles. Calms the mind and central nervous system.



213 APPAREL

Sammy Veall (right) and designer Charlotte Grigg have channelled their love of yoga, great design, style and colour into a collection of vibrant apparel designed to be hip on and off the mat. Veall wears Long Beach leggings in Ocean (\$89.95), Happy High Crop in Navy (\$59.95) and Downtown Tee in To Be Happy (\$49.95). View the collection online at yoga213.com.au/shop ■



WANDERLUST LEARNING

Voluntourism. Cosmetic tourism. The new brand of functional travel pairs professional development and career change training with gallivanting. Make your vay-cay multi-task by upgrading your CV abroad.

Words: Evelyn Lewin

It's tempting to spend your whole vay-cay doing nothing more than wandering from the breakfast bar to the pool, and then possibly down to the beach for a late afternoon stroll. But nowadays you can get so much more out of your holiday than just Insta-worthy shots.

Thanks to a fledgling niche in functional tourism, you can chill out and unwind while upgrading your skill set, with tangible career perks back on home soil.

Whether you'd love to learn Thai massage in Thailand, become a yoga teacher in Bali or train as a Pilates instructor in New York, we've got you covered. All you need to decide is where you want to make it happen. Life is full of tough decisions, right?

SO YOU WANT TO BE A THAI MASSAGE THERAPIST?

Where to go

Thailand, of course!

Why there?

Uh, where else would you want to go to learn Thai massage?

Kate Setthakorn, executive managing director of ITM (International Training Massage School; itmthaimassage.com) in Chiang Mai, agrees.

"You can learn Thai massage



ITM School
in Thailand

techniques anywhere in the world," she says. "However, no other place in the world gives you the understanding of the Thai spirit, hospitality and touch like right at the motherland of Thai traditional massage." Amen to that.

What the training involves:

ITM runs two-week courses where you learn for six hours a day. "The training focuses on 90 per cent practical and 10 per cent theory," explains Setthakorn. "It includes a daily 30-minute Thai yoga/qi gong exercise to warm up your body/mind/spirit, followed by lessons and emulation of teacher demonstrations to perform hands-on practice." Now that sounds like a great way to start the day.

ITM uses the universal VAK (visual, auditory, kinesthetic) method of teaching, Setthakorn explains. "Our students learn through emulation of their

teacher demonstrations to perform hands-on practice, following their teacher's movements to ensure correct technique."

How many students are there?

The school accepts 100 students at a time, broken into classrooms with a maximum of 20 students per class.

Once you've studied there, are you accredited back home?

"ITM is accredited by Thailand Ministry of Education, approved by Ministry of Public Health and recognised and approved internationally by many professional colleges and associations for continuing education in the regulated healthcare field," says Setthakorn.

However, Therese Norman, founder and senior therapist of Know Body Knots Massage at Work, says that in Australia a



SO YOU WANT TO BE A PILATES INSTRUCTOR?

Where to go

New York, New York

Why there?

Known as the city that never sleeps, New York is certainly a place on the move. But amid the hustle and bustle, there are plenty of people who want to get fit and want to do it properly. Enter Pilates.

"New York is very diverse, as we all know, and this definitely holds true in the Pilates world," says Sarah Ruback, Director of Education at Core Pilates NYC (corepilatesnyc.com). "There is so much to learn from the Pilates and fitness scene in New York City. It's an amazing community full of first-class instructors."

What the training involves:

Core Pilates NYC offers two different courses. The Mat Training Course is a four-day course (with eight hours of training a day), which runs over back-to-back weekends. Ruback says this is a foundational course that focuses on beginner and intermediate classical mat.

"We also offer a six-month, 600 hours, full comprehensive training, which is our in-depth apparatus training course," says Ruback. If you do that course, you're looking at six hours a day of training.

Both courses offer practical skills about teaching and doing Pilates exercises. "In the comprehensive we require 450 apprenticeship hours of in-studio practice, teaching, observation, and work study," Ruback says.

How many students are there?

18 students at most

Once you've studied there, are you accredited back home?

While the training in NY sounds super in-depth to us, it doesn't necessarily meet Australia's strict Pilates standards, says Sharan Simmons, Education Officer at Pilates Alliance Australasia.

"Overseas-trained instructors may become self-employed or find employment; however, [they] will not be eligible for health fund claims for Pilates available to Pilates industry body members such as PAA members."

She says to be a PAA (Pilates Alliance Australasia) member, you must hold a government-accredited Cert IV or diploma specialised Pilates qualification.

That said, if you studied overseas, you might be eligible for recognition of prior learning, which can go towards an Australian Pilates qualification.

What does the career coach think?

Chief change coach Kerri O'Loane (kerrioloane.com) says being a Pilates instructor is an excellent career choice. "There's the opportunity to work part time and pursue other professional aspirations, or work online or in a private studio with a range of people from different backgrounds and different careers such as dancers and acting professionals."

So if you're planning to go to the Big Apple, don't forget to pack your leggings and workout gear.

CONTINUED ON PG. 90

YOUR BEST >> ROAMING

CONTINUED FROM PG. 89

massage therapist needs to have a minimum of a diploma in remedial or sports massage if they want to be accredited for health fund rebates.

What does the career coach think?

O'Loane reckons Thailand's the best place to go to learn the ancient art of Thai massage. "Not only will you immerse yourself in Thai culture and build long-lasting friendships, you can also receive authentic Thai massage training at a high standard and in a quality facility.

"Learning the traditional method of Thai massage in an internationally accredited institution can enable you to start a new career, practise in relevant accredited practices all over the world and have a life-changing experience."

Ready to book your tickets, guys?

"I DID IT!"

Jules Ashby, 36,
learnt Thai massage in
Thailand

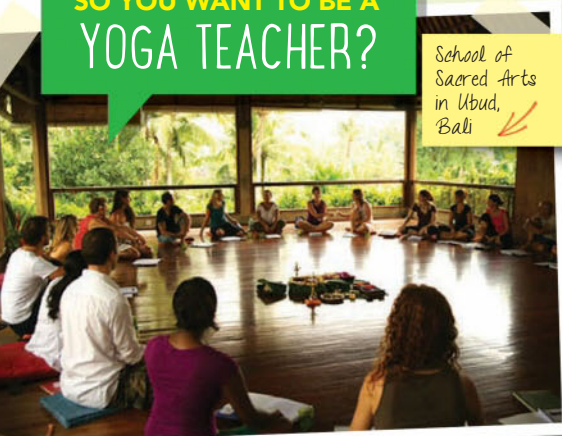
"I didn't always want to be a massage therapist. I was in the midst of an overseas 'find myself, heal myself' phase en route to India to do my yoga [training] and I thought, 'Wouldn't it be great to stop on the way via Thailand to study Thai massage?' I love Thailand and Thai massage, so I went to where the masters are in Chiang Mai. I did [the training] and my gift was revealed.

"The healer in me emerged strongly and so I kept following it. Helping others to grow, to reveal something of their nature to themselves, and to help people transform through bodywork is why I do what I do. I loved my experience of learning overseas in a different culture and I would do it again in a heartbeat."



SO YOU WANT TO BE A YOGA TEACHER?

School of
Sacred Arts
in Ubud,
Bali



are "passionate" about sharing what they know.

What the training involves:

"The weekly schedule runs Monday through Saturday (with Sundays off). The daily schedule runs from 6.30am to 6pm with one-and-a-half hour

breakfast and lunch breaks," explains Evans.

The training doesn't just run for most of the day, it's not easy either. "The month-long course is intense and is demanding," Evans admits. "But students continually experience transformation and deepening of their practice."

How many students are there?

30 students at most

Once you've studied there, are you accredited back home?

After you've done your 200-hour yoga teacher training, you have the ability to register with Yoga Alliance as a 200-hour certified instructor, says Evans. She says Yoga Alliance Australia

recognises that certification, meaning you can then be a 200-hour certified yoga instructor within Australia or New Zealand.

Sharee James from Ashima Journeys (ashimaliving.com) says there's no "defined" amount of training you need to do to be a yoga teacher in Australia. However, if you want to be a member of the professional association Yoga Alliance, she says you need "at least a 350-hour teacher training done over a minimum of 12 months to become a full member".

That said, Yoga Alliance allows graduates who have done their 200-hour training overseas to get another 150 hours of mentoring with another teacher

to qualify for their association. That's a whole lot of yoga.

What does the career coach think?

O'Loane endorses the idea of heading to Bali to study yoga. "This is a great opportunity to study in an internationally accredited program that prepares you to become a professional yoga teacher and strengthens your own physical and spiritual journey.

"It's also a place to relax you, provide the time for you to refocus or reflect on your life's journey or travel and explore the island as well as meeting friendly and genuine people."

We're convinced!

"I DID IT!"

Kristin Scherdin, 30,
went to Thailand to learn to
be a yoga teacher.

"The reason I chose to do my course overseas was mainly because it really fitted in perfectly with my plans to travel. Our trip was not just any trip, but our wedding and honeymoon all combined!

"I did my 200-hour yoga teacher training in Koh Chang while my husband relaxed and explored the island. The course was very intense, as expected when it is full time.

"The training was Hatha yoga. Our teacher was an Indian man who was a true yogi (he lives, breathes and is yoga). During the time of the course, all students were totally immersed in the training and we all learned so much, not just about yoga but also about ourselves." ■

Where to go

Bali, baby!

Why there?

When you picture an ideal yoga retreat, I bet your mind conjures up images of lush trees, tranquil surroundings and a sense of calm. Hello, Bali. Bali is pretty much the place to go to get all Zen and learn your yoga moves.

"Our Bali training is very comprehensive in nature, both from the material covered to the calibre of teachers on board," says Heather Evans, communications director at School of Sacred Arts (schoolofsacredarts.net) in Bali. She says they have "an entire team" of teachers who are deeply immersed in yogic practices and teaching and who

The perfect **PLACE TO WORK** *does exist*



Is it possible to give 100% to your career without feeling like you are neglecting your family, friends or personal interests?

Yes it is.

Supporting women's careers is fast becoming a key strategic initiative for forward thinking companies.

DCC is a niche job site- we only advertise roles at Australia's top companies, all of whom are committed to creating ideal workplaces for women.

Visit www.dccjobs.com.au to find a job that fits your life!



DIVERSE CITY CAREERS

visit dccjobs.com.au

HEALTH, FITNESS, BEAUTY UPSKILL BIBLE

Degree-free ways to
upgrade your career

In the age of job-hopping and crowdfunding, the idea of a job for life is about as realistic as expecting a toddler to sit through a six-hour opera. Whether you're 22 or 52, you have the power to pursue your dream job. We've found the best degree-free health, fitness and wellbeing courses to help you change tack. Go ahead, feel entitled!

Words: Casse Healy



FITNESS

THE PERSONAL TRAINER

You'll get to work with clients one-on-one or in small to large groups, helping them to reach their full potential and achieve their health and fitness goals. Personal training is a great path for those who love health and fitness and want a rewarding career.

WHERE: Sage Institute of Fitness has multiple campuses across Victoria and central CBD campuses in Melbourne, Sydney and Brisbane close to public transport. With Sage you'll have the opportunity to study many areas of fitness and health, including (but not limited to) sports science, good nutrition, how to set goals and tailored programs for your clients and how to run a successful business.

ENTRY CRITERIA: A love and passion for training – anyone 16 and over can apply.

STUDY OPTIONS: The Sage Institute of Fitness diploma is a 48-week course that gives you a qualification to make you a new breed of trainer in a new era of fitness. Their course replicates the reality of personal training, where you will be interacting with others face-to-face as you will do when you're qualified. All Sage courses give you the best possible training, which can't be done online. Timetables are flexible so that people can continue with normal life while gaining this new qualification – you can choose to study two days per week during the daytime, or two evenings per working week and one day on the weekend.

INVESTMENT: VET FEE-HELP is available to eligible students where you can study now and pay later.

WHAT YOU'LL GET: The Sage Institute of Fitness diploma, which has been written by Sage in consultation with the fitness industry, ensures your training will make you a highly sought after personal trainer.

THE YOGA TEACHER

Flyers for 50-hour yoga teacher courses have democratised teaching yoga, but they've also made it tougher to stand out from the crowd. A short course can be false economy. Vice president of Yoga Australia and chair of the teacher training committee Leanne Davis advises first to check that the teacher training course you're eyeing is accredited with a governing body such as Yoga Australia. "Not only will this ensure your qualification is recognised internationally, but you can feel confident that you are experiencing the highest level of education with an experienced and trusted faculty," Davis says. Before enrolling, do your research and ask your favourite yoga teacher about where they received training to get a better idea of where to begin.

WHERE: There are a number of yoga schools that run teacher training programs. You can find a registered and recognised course at yogaaustralia.org.au

ENTRY CRITERIA: For YA accredited teacher training, a minimum of one year of personal practice and a strong commitment to further your professional development of yoga.

STUDY OPTIONS: Some trainings are one day per week or one or two weekends per month while others include intensive units of one week to a month at a time. As well as these contact hours, students must be under

the mentorship and instruction of a teacher trainer for a minimum of one year before they receive the yoga teacher level one qualification.

INVESTMENT: from \$3,000 to \$10,000

WHAT YOU'LL GET: The qualification is a teacher training certificate issued by the training provider to meet the minimum requirements to become a registered yoga teacher with Yoga Australia. Yoga Australia recommends that it takes a minimum of 350 hours and one year of yoga teacher training to qualify as a yoga teacher. This qualification lets other industry providers such as the fitness industry, yoga studio owners or community groups know that you appropriately qualified as a yoga teaching professional. Yoga teaching in gyms is no longer an adjunct to fitness instructing, but the yoga teacher must show that they are registered, so it is important that teachers who teach in gyms are registered with peak professional bodies like Yoga Australia. Yoga Australia works closely with Fitness Australia and government regulatory offices to ensure a high standard among registered teachers. You can also study a Diploma of Yoga Teaching, which involves 1,200 hours of on-campus training over two years in addition to attending separate yoga classes and assignments and is nationally recognised and Austudy approved.

NUTRITION

THE WEIGHT LOSS COACH

Learn about the science behind weight loss, including healthy non-diet approaches to reaching weight goals while also focusing on the psychology behind eating. A specialised course is perfect for anyone already working in health, sports, fitness or weight loss consultancy.

WHERE: Cadence Health (cadencehealth.com.au), which offers online courses.

ENTRY CRITERIA: No prior study required.

STUDY OPTIONS: Open-book assessment tasks or study for 42 hours online for fast completion.

INVESTMENT: \$420 for distance mode and \$370 for the online method.

WHAT YOU'LL GET: Certificate of attainment with accreditation logos.

THE NATUROPATH

If you swear by the healing power of food and favour a Hippocratic approach, naturopathy could be your bag. The Advanced Diploma course focuses on two key disciplines, nutrition and herbal medicine.

WHERE: Health Schools Australia (healthaustralia.com).

ENTRY CRITERIA: Senior First Aid Certificate.

STUDY OPTIONS: 4 years available online and face-to-face in Cairns.

INVESTMENT: \$5,535 per year.

WHAT YOU'LL GET: Advanced Diploma of Naturopathy.

THE NUTRITION PLANNER

If you're already working in the fitness industry and looking to provide clients with dietary and nutritional advice, this course could lend a commercial edge. Qualifying as a nutrition coach will enhance the service that you are currently providing.

WHERE: FIA Fit Nation (fiafitnation.com.au)

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: 50 hours, made up of case study questions, to be completed within 3 months.

INVESTMENT: \$525

WHAT YOU'LL GET: Certificate in Exercise Nutrition.

HOLISTIC HEALTH

THE TRADITIONAL MASSEUSE

Learn how to safely perform therapeutic relaxation massage, plus get an insight into human biology and clinical aromatherapy.

WHERE: Australian College of Massage (studymassage.com.au) campuses are located Australia wide. Their courses will allow you to work at a health care clinic, work in palliative care or even start your own health resort or day spa.

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: Self-paced over three months to two years.

INVESTMENT: \$5,560

WHAT YOU'LL GET: Certificate IV in Massage Therapy Practice and the occupational title 'Massage Therapist' or 'Massage Therapy Practitioner'.

THE ACUPUNCTURIST

With Chinese medicine catching on in mainstream science, acupuncture is a swiftly growing industry in Australia. As a practitioner, you will restore the flow of energy by influencing acupuncture points with needles, lasers or finger pressure.

WHERE: Endeavour College of Natural Health (endeavour.edu.au).

ENTRY CRITERIA: Year 12 or equivalent.

STUDY OPTIONS: This course will take four years full time and eight years part time and is available in Adelaide, Brisbane, Gold Coast, Melbourne, Perth and Sydney.

INVESTMENT: It doesn't come cheap, priced at approximately \$75k (plus the cost of elective subjects – think \$1,192 each).

WHAT YOU'LL GET: Bachelor of Health Science (Acupuncture), which is recognised by the Chinese Medicine Board of Australia.

THE REIKI PRACTITIONER

Break into the healing world of reiki with a practising certificate. This will equip you with the practical skills so you can assess clients and tailor treatments. Reiki's

THE REMEDIAL MASSEUSE

After completing a Certificate IV in Massage Therapy Practice, you will be able to assess and treat clients with sores and injuries. Specialising in remedial massage sees you focus on diagnostic treatment of specific areas of the body.

WHERE: Nature Care College (naturecare.com.au), which is based in St. Leonards Sydney.

ENTRY CRITERIA: Certificate IV in Massage Therapy Practice

STUDY OPTIONS: Completed on-campus you can study part time for three terms or full time for one term.

INVESTMENT: Starting at approximately \$1,905 per term for part time and \$2,925 for full time.

WHAT YOU'LL GET: Diploma of Remedial Massage, which entitles you to membership with industry associations and health providers.

spiritual significance is best learnt from a reiki master.

WHERE: The Australian Institute of Health and Business Management (aihbm.com.au) based in Queensland offers the first registered course on reiki.

ENTRY CRITERIA: You'll need to have completed in-person training by a reiki master whose training lineage is traced back to founder Mikao Usui.

STUDY OPTIONS: A combination of face-to-face introduction session and distance study.

INVESTMENT: \$1,000

WHAT YOU'LL GET: Certificate IV in Reiki Treatment Practice.

THE LIFE COACH

A diploma provides knowledge of how language shapes thought and cognitive processes involved in existential challenges to equip students with skills to assist people seeking life direction, motivation and clarity about their purpose and passion.

WHERE: Life Coaching Institute's (lcia.com.au) course allows for online self-paced learning. In Brisbane, Sydney, Melbourne, Adelaide or Perth you will have access

"I'm following
my **passion**
and love
being a
**Personal
Trainer!**"

"Sage Institute of Fitness is the place to get qualified if you're serious about becoming an industry leading Personal Trainer"

Commando Steve - Brand Ambassador for Sage Institute of Fitness



Study Now, Pay Later
With VET FEE-HELP*

1300 664 664 | sagefitness.edu.au

*Conditions Apply RTO ID 110070



to Student Fulfilment Centres and if in Hobart, Darwin, Gold Coast or the Sunshine Coast, you will have access to assessment supervisors. Online study is supplemented by teleclasses and live practical development sessions conducted in small groups.

ENTRY CRITERIA: Year 12 or Certificate III-level qualification.

STUDY OPTIONS: Self-paced and flexible. The written component and assessment is in the form of workbooks and there's online study supplemented by teleclasses and live practical group sessions.

INVESTMENT: \$4,950

WHAT YOU'LL GET: Diploma of Life Coaching, plus qualifications in specialty streams.

THE HOMEOPATH

Homeopathy orbits the principle of treating like with like, administering small amounts of substances that in larger doses would cause the very symptoms a practitioner seeks to cure.

WHERE: Australian Institute of Applied Sciences via National Training & Development (ntdtraining.com.au)

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: A 72-week course available on campus in Brisbane and Melbourne or 144 weeks via distance education.

INVESTMENT: Approximately \$23,590 (VET fee help is available).

WHAT YOU'LL GET: Advanced Diploma of Homeopathy.

THE AROMATHERAPIST

Intrigued by plants and their healing benefits? The Certificate in Aromatherapy Foundations might be for you. This course will take you from the basics of essential oils and smell, right through to more complex ideas around feng shui and Ayurvedic medicine.

WHERE: Open Colleges (opencolleges.edu.au).

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: This course is available online Australia wide and is assessed via multiple choice questions and written assessments.

INVESTMENT: \$1,432 if you pay in full, up front.

WHAT YOU'LL GET: Certificate in Aromatherapy Foundations.

THE FIRST AID ADMINISTRATOR

First aid is generally a prerequisite to most fitness courses, so tick this one off before undertaking further studies.

WHERE: St John Ambulance (stjohn.org.au) offers a number of training options and levels throughout Australia.

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: Classes and assessments are completed on campus on weekends.

INVESTMENT: Prices start at around \$199

WHAT YOU'LL GET: First Aid Certificate, which is valid for three years.



THE BIKINI WAXER

They won't let just anyone smear hot wax on people's privates! There's a lot of prep work that goes into becoming a professional waxing technician, including hands-on training and theoretical study.

WHERE: Available at most beauty schools throughout Australia. We recommend Helene Abicair College of Advanced Beauty Therapy (heleneabicair.com.au) for Melbourne-based students.

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: Short course must be completed on campus.

INVESTMENT: Expect to pay around \$850, which should also cover all materials used in class.

WHAT YOU'LL GET: An accredited certificate in waxing, which can also be obtained as a part of the Diploma in Beauty Therapy. A certificate in waxing is a prerequisite to getting your Brazilian waxing certificate.

THE SPRAY TANNER

Just because you can handle a spray bottle doesn't make you a professional tanner. This course will equip you with the necessary practical skills and business training, including learning how to analyse different skin types and understanding the key chemical, dihydroxyacetone

(DHA) and how it works.

WHERE: TAFE or beauty school. Try Celcius Academy (celcius.com.au) in South Australia.

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: A three-hour training session must be completed on campus.

INVESTMENT: Courses start at around \$100 and you will need to purchase your equipment as well.

WHAT YOU'LL GET: An accredited certificate in spray tanning.

THE BODY PIERCER

You don't have to be a punk rocker to be a piercer. Ensure you pierce in a safe environment by learning about infection control and ongoing safety and care precautions.

WHERE: We recommend Eze Training (ezettraining.com.au) for Melbourne-based residents, but there are various locations around Australia that provide similar training.

ENTRY CRITERIA: First Aid Certificate.

STUDY OPTIONS: Five-day course must be completed on campus.

INVESTMENT: Approximately \$2,600

WHAT YOU'LL GET: Accredited certificate in Specialist Body Piercing.



THE LASH AND BROW TECHNICIAN

With the beauty industry's obsession with lash preening and brow grooming, this is a burgeoning area! This course will take you from client consultation through to selecting products, tinting and perming eyelashes and eyebrow shaping and dimensions.

WHERE: Casey College of Beauty Therapy (caseycollegeofbeautytherapy.com) in Victoria.

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: Classes in Melbourne are available at the Cranbourne, Morwell and Pakenham campuses.

INVESTMENT: \$400, which includes a Belmacil Kit.

WHAT YOU'LL GET: Accredited certificate in providing lash and brow treatments.

THE MAKE-UP ARTIST

A comprehensive make-up course will teach you everything from colour theory and eyebrow shaping to creating a flawless base, contouring and eye make-up design. You will gain practical experience by working directly with a model.

WHERE: Most TAFE's or beauty schools Australia wide offer a level of make-up training. We love the Napoleon Perdis' Fashion, Glamour and Bridal Makeup Artistry course (napoleonmakeupacademy.com.au), available in Double Bay, Melbourne, Parramatta Westfield and Brisbane.

ENTRY CRITERIA: No prior study is required.

STUDY OPTIONS: Can be taken over a nine-week period or as a five-day express course.

INVESTMENT: You're looking at \$1,390, with a \$545 deposit.

WHAT YOU'LL GET: Great make-up skills and a Napoleon Perdis course certificate, which could lead you to the Diploma of Specialist Make-Up Services.

THE BEAUTY THERAPIST

Want the theoretical and practical know-how to work as a beauty therapist? The right course will equip you with the skills to work in a commercial salon, or even start your own.

WHERE: Industry leader Elle Bache offers a Diploma of Beauty Therapy (ellabachecollege.edu.au). To graduate, you also need to complete 150 hours of work experience. They also offer an online version, known as the Stellar distance learning program, which can be completed remotely.

ENTRY CRITERIA: You must be over 16 and have completed Year 10 or equivalent (except if you are over 21).

STUDY OPTIONS: This course runs for 12 months over three terms, each 13 weeks in duration. The 150 hours of work experience fits within the course.

INVESTMENT: \$16,800, which includes your uniform and equipment. The course is VET fee help enabled.

WHAT YOU'LL GET: Diploma of Beauty Therapy.

A DAY IN THE LIFE

Is your dream job as ah-mazing amid the daily grind? We asked those who already earn a crust in your coveted field.

THE DIETITIAN

WHO SAYS: Lyndi Polivnick, accredited practising dietitian (APD), thenudennutritionist.com.au

TYPICAL DAY: Seeing clients, educating children, writing articles, reviewing menus and researching nutrition. Dietitians help people lose weight and manage medical conditions such as IBS, coeliac and diabetes.

THE COURSE: Five-year degree in dietetics approved by the Dietitians Association of Australia. After graduation, alumnis can apply to become an accredited practising dietitian and accredited nutritionist.

THE WAGE: Graduates can expect to earn around \$38,000 while senior clinical dietitians have the capacity to earn \$90,000.

THE WELLNESS COACH

WHO SAYS: Claire Obeid, wellness coach, claireobeid.com

TYPICAL DAY: After pre-dawn meditation and writing in my gratitude journal, and yoga or a Barre class, I might answer emails, connect with my tribe on social media and work on projects such as e-books, e-courses or other programs I am creating. I usually coach in the afternoon.

THE COURSE: After my yoga teacher training and a major lifestyle overhaul in mind, body and soul, I realised that this natural, innate ability to coach from a place of wisdom and care was actually part of my greater purpose and calling. I studied through the Institute for Integrative Nutrition before it became as popular as it is now and am a certified holistic health coach. I've had over 400 hours in yoga studies and additional qualifications in meditation teaching, EFT and holistic healing. I think that constant study, a dedicated course in coaching and ongoing mentoring is invaluable.

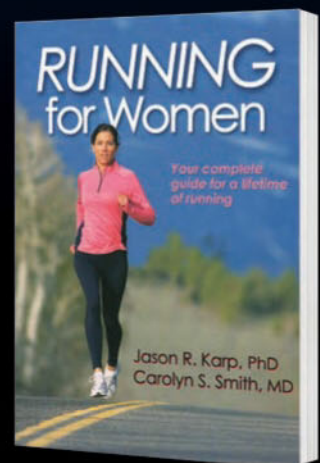
THE WAGE: Initially, new wellness coaches can take a hit from their previous salaries – especially if they're switching from the corporate world. But best case scenario, you can earn as much as \$150,000. ■



BE A BETTER AND HEALTHIER RUNNER

TRAINING FEMALE RUNNERS BASED ON THEIR CARDIOVASCULAR, HORMONAL, METABOLIC, MUSCULAR AND ANATOMICAL CHARACTERISTICS.

- The impact of the menstrual cycle on hydration, body temperature, metabolism and muscle function
- The most effective workouts for endurance, speed and strength, lactate threshold and VO2max
- How and when to train during the menstrual cycle, pregnancy and menopause
- Preventing knee injuries, stress fractures and other common running-related injuries
- Avoiding the risks of the female athlete triad—disordered eating, osteoporosis and menstrual irregularities
- How to use sex differences to your advantage



Call (03) 9574 8460 to order • womenshealthandfitness.com.au

Work-spiration

Whether you're looking to up-skill or seeking something to spruce up your day job, stick these five inspiring companies to your mental pinboard.



Diverse City Careers

Feel like it's impossible to give 100 per cent to your career without feeling like you are neglecting your family, friends or personal interests? With help from Diverse City Careers, it's not. Gemma Lloyd and Valeria Ignatieva founded DCC to specifically address this issue after experiencing first-hand the types of roadblocks that women encounter along their career journeys.

While there aren't many companies that provide the ideal work-life balance, they do exist. Supporting women's careers is fast becoming a key strategic initiative for forward thinking organisations, which is where DCC can help. It's a niche job site, only advertising roles at Australia's top companies, which are all committed to creating ideal workplaces for women.

Visit the DCC website to find a job that fits your life!
www.dccjobs.com.au

Air Services

Think you've got what it takes to stay fit and save lives? You could be set for a career airport firefighter.

Airservices is a government-owned organisation providing air traffic control, navigation and aviation rescue firefighting services to the aviation industry. Rescue firefighters protect travellers and workers at Australia's busiest airports. For this vital role, they need to have a high level of fitness. Every fire station has an on-site gym and workout time is provided on every shift. As an aviation firefighter, you'll achieve a high level of fitness while helping people and working in a dynamic team environment. For more information go to www.airservicesaustralia.com/careers



ERGOTRON

You don't have to be in the fitness industry to work out at work. Excessive sitting can lead to chronic health risks including obesity, high blood pressure and depression. Take a stand (literally) with Ergotron. In partnership with JustStand.org – a healthy living community that combines calorie-burn calculators and the latest medical research on the effects of sitting – Ergotron is committed to bringing you a healthier work day. Take the online test and see if you need to move more. Ergotron standing workspaces are designed to fit your workplace and lifestyle. Standing during your work day can improve posture, increase blood flow, ramp up your metabolism and burn extra calories. Who doesn't want that? Join the wellness uprising today at juststand.org or visit workfit.ergotron.com to learn more.

The Coaching Institute

If you feel like you've got what it takes to help others strive to meet their life goals, why not become a life coach?

Professional life coaching is about working with someone who wants to achieve more in their life, assisting a client in closing the gap between where they are and where they want to be. At The Coaching Institute, you'll learn how to help your future clients discover what is important to them, what is missing

SAGE

When you think about your future we know you have your health at the core, so have you considered a career in fitness? Make your resolutions a reality with Sage Institute of Fitness, the leading educators in the Australian fitness industry.

By obtaining the Sage fitness diploma you'll become a new breed of personal trainer, fully equipped for a whole new era of fitness. With a love and passion for training, who better to lead the way than you?

Make your health a priority while helping others on their fitness journey – become a qualified personal trainer with Sage Institute of Fitness and immerse yourself into a new career that is every bit as rewarding as it is fun. Call Sage Institute of Fitness now on 1300 664 664 or go to www.sagefitness.edu.au

from their life or their business and what outcomes they are looking for.

The Coaching Institute has been training successful coaches for more than 10 years and provides internationally recognised credentials in coaching. Their courses are designed to give students the edge in their personal and professional evolution. To find out more visit www.thecoachinginstitute.com.au

How to be...

AVIATION RESCUE FIREFIGHTER Alison Walters

Fitness, family and saving lives

Anyone who has ever purchased a firefighter calendar will know that emergency rescue and fighting flames take a particularly strong body. You might think you're fit, but dragging a 90-kilogram hose – while wearing a heavy-duty protective suit and an oxygen tank that contains your limited air supply, amassing around 20 kilos – takes a unique kind of strength, endurance and determination, especially if you're heading in the direction of a flaming aircraft. These are the things Alison Walters, an Airservices Aviation Rescue firefighter at Sydney Airport, has trained to do. She's also a mum of four, a personal trainer and self-confessed CrossFit addict.

The job

The role of an aviation firefighter is to provide rescue services for aircraft passengers and crew, which covers everything from first aid – if one of the pilots has a heart attack, for example – to evacuations in life-threatening circumstances. The physical challenges are many, but Walters says one of the greatest obstacles she had to overcome was realising she could keep up with the boys. “There is a challenge in knowing that you are physically capable of completing these tasks, of keeping up with the male firefighters,” she says. “You do need a certain level of fitness; certainly going through the recruit course you found that, I’m just glad that I trained enough to get to that level to find it quite easy.”

Firefighting fitness

The physical testing prior to becoming a firefighter is intensive. It includes crawling through tight tunnels, hauling a 20-kilogram container to an elevated area and lowering it again in the same fashion and dragging a dummy ‘casualty’ 50 metres, backwards, around a track of witch’s hats in under 60 seconds. Those that succeed in all tasks will then progress to an 11-week intensive training camp where they’ll carry out more detailed drills and scenarios. But once you’ve achieved a position as an aviation firefighter, training still continues. “We have a mock-up aircraft which we light up and we might have dummy passengers in there too, you need to know how many vehicles you need to dispatch, what equipment you’ll need and how to protect the fuselage [and so on],” says Walters. “Sometimes you train all day and by the end of it you’re exhausted.”

On non-drill shifts, aviation firefighters spend a minimum of half an hour in the station’s well-equipped gym – but they’re welcome to do more. “You can spend as much time in there as you like really,” Walters says. On her days away from the station, Walters prefers CrossFit training. “The first time I tried CrossFit was actually after my [11 week] recruit course; my husband told me I had to try it.

“When I got back to Sydney, I went to the same gym he was going to and after one session, I was hooked!” When asked if CrossFit improved her firefighting fitness, Walters was adamant. “Holding a hose at full pressure for even a minute is a huge amount of work. Before you know it your arms are shaking, but I found that CrossFit helped me strengthen my entire body and my endurance became stronger too.”



The perks

Life as an aviation firefighter isn’t all sweat and no play. They can get up to 10 weeks of paid leave each year and work in rotating shifts, allowing for four days off a week at the 24-hour stations. For many, this means more time for you and your family. This was an attraction for Walters, who wanted more time with her family. “Owning restaurants [in my previous career], I barely saw the kids; it was drop off to school and so forth, now I actually have time to spend with them, weekends I get to go and do things with them, so the lifestyle now is way better for me as a mum having kids at home,” she says. ■

“
Holding a hose at full
pressure for even
a minute is a huge
amount of work,
BEFORE YOU
KNOW IT
YOUR ARMS
ARE SHAKING
”





YOUR BEST
FUEL IT

FULL PROOF

In the attempt to escape appetite, what drives people to eat has been lost in translation. Keep office eating on track by knowing your need-to-eat triggers.

Appetite has been imagined into a role as saboteur out to bedevil best laid weight loss, health and fitness plans. Just look at the wealth of pills and chews promising to silence that annoying sense that you need to eat. This over-simplification has at once reinforced the notion that being motivated to seek food is a bad thing and blotted out many aspects of an exceptionally complex mechanism.

"Appetite has a cast that includes scores of hormones, neuropeptides and neurotransmitters," says GP and author of *Good Health in the 21st Century* Dr Carole Hungerford. In fact, while logic suggests that food volume and viscosity would determine food's impact on satiety, it's far less influential than chemicals released by ingestion of certain foods.

"There are physical messengers as well. When we are hungry, the sight and smell of food is pleasing. Our gastric juices flow audibly. If we are full, exposure to food is a

matter for indifference, or even nausea," Dr Hungerford says. This information is conveyed to the conscious and unconscious brain in what's known as the neurohumoral loop.

Appetite-regulating chemical messengers have also been found in other parts of the body. Harvard University endocrinologists detected the chemicals in the mouth, liver, stomach and intestines.

Contrary to the notion that finding a way to flick the switch on one would avert motivation to eat, it's not so clear cut. The relationship between these chemicals is complex and interdependent.

"Some of these couriers act rapidly, from meal to meal, controlling appetite and satiety for any single dining experience," says Jennifer Ackerman, author of *Sex Sleep Eat Drink Dream – A Day in the Life of Your Body*. "Others exert their effect over the long term, keeping track of the body's fat supplies and telling the brain when they're running low so that it can step up appetite."

In other words, while you're

high-fiving yourself for losing body fat, your body's rounding up a task force to get you to restore homeostasis. That's one reason diets don't work.

"The long-term signals may spur the production of short-term 'I'm hungry' messages or quash them," Ackerman says. "You're probably unaware of these chemical fluctuations, but they direct your behaviour, either driving you toward that lunch buffet or letting you get on with your work."

All about balance

The best way to honour the interdependence of appetite-related neuropeptides is to give your body a bit of everything each time you eat – and to avoid foods known to trigger appetite (cruel irony). Sugar and high-glycaemic-index carbs can increase, not decrease, desire to eat. Sugary carbs stimulate neuropeptide Y because they enable the most efficient delivery of usable energy, glucose. Even though Cocoa Pops with skim milk have around 50 per cent fewer calories than Bircher

with yoghurt, the effect on both feelings of needing to eat (hunger) and wanting to eat (appetite) makes the upfront energy saving futile. Fibre and protein act as blood sugar brakes.

Eating breakfast and evenly spacing meals and snacks rather than grabbing food on the go in panic mode can also favour suppression of pro-eating chemicals. Basically, after eating, blood sugar rises. When it returns to baseline or lower, you feel as though you need more food due in part to the knock-on effect of low blood sugar to stimulation of orexigenic hypothalamic neuropeptides. (Orexigenic means pro-feeding.) Your body behaves as though it's starving. The simplest way to regulate appetite is, according to accredited practising dietitian and Dietitians Association of Australia spokesperson Kate Deppeler, to start the day with a substantial breakfast including ample fibre and protein.

"To make it a complete breakfast, I recommend wholegrain cereal with low-fat milk or yoghurt and fruit,"



Appetite suppressants decoded

Many popular appetite suppressants target an area above your brain stem, the hypothalamus, that determines feeding behaviour. Ordinarily, the hypothalamus permits the release of neurotransmitters to resolve a need for food signalled by lowered glucose levels.

says Deppeler." This contains fibre and protein to slow the delivery of glucose into the bloodstream and will stave off hunger for longer. Whole grains themselves are complex carbohydrates, which have a lower GI than refined grains and guard against sudden hunger and carb cravings as they run out gradually.

In research presented to The Obesity Society, women aged 18 to 55 who ate a high-protein sausage and egg-based breakfast maintained satiety for longer than those who ate a low-protein breakfast or no brekkie at all.

High volume, low calories

High volume, high water, highly nutritious, low calorie foods – think fruit and vegies – add bulk to your food that are effective at filling your stomach as well as tricking your mind into thinking you've just eaten such a huge meal that you must be satisfied.

Research conducted by Pennsylvania State University found that when you gave people the licence to eat as

YOUR BEST » FUEL IT

much of these high volume, low calorie foods as they could handle, they invariably ate less over the course of a day.

Foods high in water or fibre cause the stomach to stretch and then slowly empty, without bloating and without feeling like you're on a restrictive diet. Perfect for the health-conscious person who hates dieting.

Eat solids (in small pieces)

Solids beat fluids every time, particularly when your choice of poison is water-based. The stomach recognises solids

as real food and is not easily deceived by liquid meals.

So if you're tossing up between a meal replacement drink or bar, choose the bar every time if you're looking to please your fickle appetite.

If the solids are chopped into small pieces, even better. In a study at Arizona State University, students presented with a bagel chopped into four ate less of it than when it was presented as a whole. The same appears to be true with items that come in small pieces such as nuts, berries, grapes and seeds. The smaller the pieces,

the fewer of them we're likely to eat.

Pay attention

You're in front of the telly and before you know it the value bag of popcorn has disappeared. Then a hot chocolate. You feel strangely overfull but distinctly unsatisfied. That's what happens when you eat while focused on something else, otherwise known as mindless eating.

Choosing to eat mindfully not only prevents absent-minded overfeeding but also increases the satisfaction to volume ratio.

"The mindful eating approach is a method that can work to reduce appetite by helping to concentrate on eating slowly and deliberately to enjoy what you're eating and drinking without distractions," says dietitian Sonya Stanley, a spokesperson for the Dietitians Association of Australia.

A study published in the *Journal of Clinical Endocrinology and Metabolism* found that eating quickly inhibits the release of hormones that impart a feeling of fullness, which can trigger even more mindless eating.



FAT

Against its image as a weight saboteur, fat can be an excellent appetite suppressant.

Researchers at the University of California found that oleic acid in good fats helped to trigger the intestinal production of oleoylethanolamide, a compound that sends an appetite-curbing message via the nerve system to the brain. But you won't find it in just any old fat – olive oil, avocado and nuts are your best sources.

Regular old fat (not necessarily old, but regular) is good for something: It slows down the emptying of your stomach so you feel fuller for longer.

SNACKS

Still can't stop eating? Try eating more often.

"Eating regularly throughout the day is a good way to manage your appetite," says Stanley. "Rather than saving up for one giant meal, healthy and balanced eating throughout the day can help you to avoid overeating and better manage your appetite."

"If you enjoy a snack between meals, choose healthy options such as a piece of fruit, vegetable sticks with low-fat dip like hummus, or raw nuts. These are great pick-me-up foods without the extra sugar and saturated fats of some snacks."

CHOCOLATE

The news gets scrummier. A landmark Dutch study published in the journal *Regulatory Peptides* found that women who ate or even smelled dark chocolate reported decreased appetites. The subjects, interestingly, also recorded decreased ghrelin levels, a hormone that stimulates hunger.

Milk chocolate, disappointingly, doesn't have the same effect according to an earlier study by the University of Copenhagen, which found that people who ate 100 grams of milk chocolate ate more pizza 2.5 hours afterwards than those in the dark chocolate group. Now that's science!

SPICES

Using aromatic seasoning like mint, cinnamon, oregano and grated ginger may help you eat less. One study found that when people were able to help themselves to their own meal portions, they spooned out five to 10 per cent less of fragrant-smelling dishes than blander alternatives.

Or you could spice up your dish with chilli, which contains capsaicin. According to research published in the journal *Chemical Senses*, capsaicin has mild appetite-suppressant qualities in addition to naturally slowing eating tempo and acting as a deterrent to excess (courtesy of the burning sensation on your tongue).

Another way to moderate eating speed and therefore give your brain a chance to register satisfaction – it takes about 20 minutes – is cueing a gentler pace with music and soft lighting. When they created a calm dining environment with soft light and slow music, researchers at Cornell University found that study participants ate, on average, 18 per cent less.



BEANS

Beans are the great all rounder.

Beans keep blood sugar steady, which in turn helps keep hunger at bay. High in fibre – they meet the high-volume, low-calorie rule – they stimulate the appetite-suppressing hormone cholecystokinin, or CCK.

Research at the University of California found that men who ate a meal that featured beans front and centre had CCK levels twice as high as when they ate a low-fibre meal.



PROTEIN

Protein is the most filling macronutrient.

Lean meat, fish, poultry, soybeans and eggs all help achieve fullness and curb appetite. Whey protein seems to be particularly satiating.

Research has found that people who down a liquid meal containing whey protein consume considerably fewer calories for their next meal than those given a liquid meal with casein protein. And, like beans, whey protein also helps to stabilise blood sugar and stimulate hormones that increase the fullness sensation.





















SLOW CARBS

Low-glycaemic carbs such as oats are slow to digest and keep you fuller for longer than, say, corn flakes. Research shows that a diet high in slow-burning carbs like oats can restrict the influence of the 'hunger hormone' ghrelin better than a diet high in fat.

Snack Satisfaction

If your appetite seems to have a mind of its own and no amount of snacking hits the spot, consider planning your office menu around the Satiety Index.

Comprising 38 foods according to their satisfaction quotient and based on a 1995 study by the University of Sydney, the index prescribes snacks on a scale relative to a piece of white bread. Over 100, more filling; less than 100, less. ■

 Banana 118	 Egg 150	 Oatmeal 209	 Doughnut/ Cake 68; 65	 Yoghurt 88	 Cheese 148
 Crackers 127	 Wholegrain bread 154	 Brown pasta 188	 Chocolate bar 70	 Chips 91	 Jelly beans 118
 Lentils 133	 Beef 170	 Fish 225	 Boiled potato 323	 Ice cream 96	 Popcorn 154



YOUR BEST ➔ FUEL IT

AL DESKO SNACK MANIFESTO

It's 3pm, you've worked hard all day and your lunch is wearing off, leaving a sort of Kit Kat-shaped hole. Before you go for the easiest processed nibble, consider these snack ground rules.

PORTION SIZE

Shoot for 600 to 800 kJ for a snack that will get you through to the next meal moderately – not eat-a-horse – hungry. If you're training for more than an hour a day, increase the energy count of each snack or add one or two extras.

SODIUM

"Low-sodium foods contain less than 120 mg per 100 g of product," Dietitian Dr Joanna McMillan (drjoanna.com.au) says. Dietary guidelines recommend keeping daily sodium intake below 1,600 mg. Eschew anything with more than 600 mg per 100 g, Dr McMillan advises.

SUGAR/SWEETENERS

There's a critical distinction between refined and natural sugars. "If sugar, syrup or one of the many other guises of added sugar come close to the top of the list, then it's a major ingredient," Dr McMillan says. As a blanket rule, accredited practising dietitians Lyndi Polivnick (thenudnutritionist.com.au) and Larina Robinson (thebodydietetics.com.au) advise seeking out those with a 'no added sugar' claim. As for artificial sweeteners, while health professionals regard aspartame with caution, natural sweeteners get the green light. "If you are trying to reduce your overall sugar intake and don't mind a slight aftertaste, erythritol or stevia are the most natural sugar replacements," Robinson says.

MACRONUTRIENT BALANCE

By combining complex carbs – think oats and real fruit – with protein, fibre and fat, you get the keep-you-full perks of protein as well as your brain's preferred fuel, glucose, which comes from carbohydrate. If you must have white carbs, pair them with protein. "Protein helps to reduce the overall glycaemic load of the food by taking longer to digest than high-GI carbohydrates such as refined grains and sugar. This helps you to feel fuller for longer, and avoid craving-inducing crashes in blood sugar," Polivnick says. Aim for 10 g per snack. Also prioritise fibre. "Low-GI, wholefood sources high in fibre will satisfy your hunger for longer, and help to reduce your appetite."

SNACK SWAP-OFF

Big M Chocolate Milk, 300ml

879kJ, 5.4g fat, 30.3g carb, 9.6 protein, 29.7g sugar



Up & Go Vibe, 250ml

697kJ, 3.8g fat, 22.5g carb, 9g protein, 13.5g sugar

Our experts say: "If you absolutely must snack and run, these are at least low GI and provide many nutrients as well as fibre," Polivnick says. "For busy, active people, Up & Go can be a healthy breakfast option."

Smith's Classic Crinkle Cut Original, 45g

958kJ, 14.3g fat, 20.7g carb, 3.8g protein, 0.8g sugar



Loving Earth Red Kale Chips, 35g

828kJ, 15.8g fat, 6.9g carb, 5.6g protein, 3.9g sugar

Our experts say: "These chips are brilliant," Robinson says. "A delicious way to get more greens into your day. Kale is rich in fibre and vitamins A, C, K and iron. With 5.6 g of protein per serve, this is a highly nutritious snack option."

Uncle Tobys Chewy Muesli Bar Choc Chip, 31.3g

565kJ, 4.6g fat, 20.1g carb, 2.3g protein, 5.7g sugar



Nakd Cocoa Delight Bar, 35g

567kJ, 5g fat, 17g carb, 3g protein, 15g sugar

Our experts say: "Nakd bars are made from nuts and fruit and natural sources of nutrients such as fibre, unsaturated fats and protein, making them a great choice in my book," Polivnick says. Dr McMillan says, "Simple and natural with an appropriate 567kJ per bar."

Nestle Milkybar Milk and Cookies, 80g

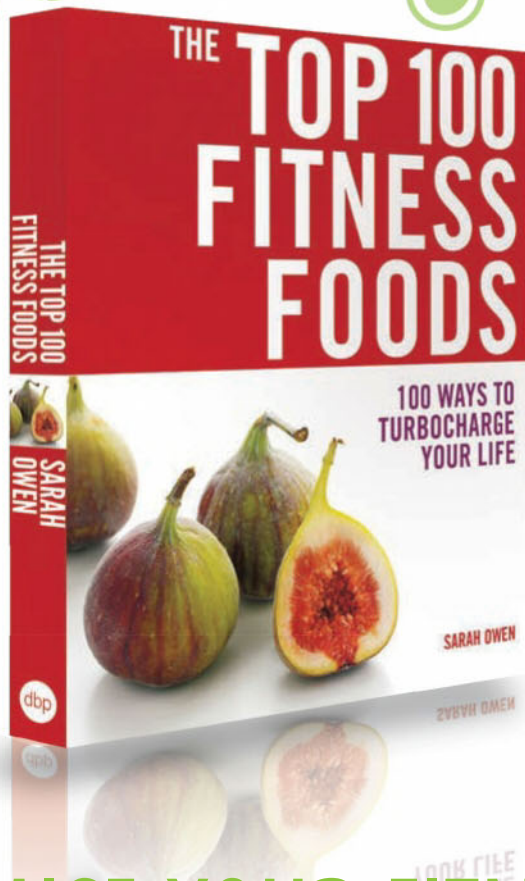
1808kJ, 25.2g fat, 45.3g carb, 5.8g protein, 42.1g sugar



Aussie Bodies ProteinFX Lo Carb Mini Bars Cookies and Cream, 30g

450kJ, 3.2g fat, 1.9g carb, 9.1g protein, 1g sugar

Our experts say: "The small portion size of Aussie Bodies ProteinFX Lo Carb Mini Bars means that you get around 9 g of protein without too many additional calories. Protein bars can be a great snack for active individuals as they are convenient and help keep you fuller for longer," Polivnick says. ■



Use of symbols to identify food to help live a more balanced lifestyle

Top foods to boost your stamina, performance & energy levels

Over 100 everyday mouth-watering 'power packed' recipes

Clear health information on each food & all the major nutrients

OPTIMISE YOUR FITNESS & WELLBEING

Call (03) 9574 8460 to order or visit
subscribeandshop.com

SPOT PRODUCTION

Need to focus for five hours straight or pinning your hopes on hatching a million-dollar idea? Give yourself a better chance by feeding the right parts of your brain.

Words: Stephanie Osfield

Imagine you could head to a café to choose from a menu that offered 'alertness' snacks, 'happy' sandwiches or 'de-stressing' drinks. This is not as far-fetched as it sounds. Countless studies have now confirmed the direct connection between nutrition and cognitive function. Yet, as with all things brain health, hitting on the right formula is a bit like throwing darts at a candle. Targeting certain parts of the brain is a bit like trying to spot reduce fat – while in simple, one-step terms, it can't be done, dig a little deeper and the difference between can and can't is a mere matter of degrees. Although in fitness terms, the

answer is in replacing pure fat loss with a combination of fat loss and targeted muscle building, in nutrition, powering up your noggin is a matter of simultaneously setting your brain up for optimal function, facilitating synthesis of certain neurotransmitters and avoiding anything that might undermine them by introducing competitors. Sound about as simple as solving Schrodinger's cat-in-the-box conundrum after a few sauv blancs? Next time you lament your brain's speed

or dexterity, spare a thought for your diet.

Your Brain On Food

Your brain works a little like a telephone exchange, with chemicals called neurotransmitters whizzing around carrying messages between brain neurons. There are two types of neurotransmitters – inhibitory messengers, which help you feel happier and more relaxed, and excitatory brain chemicals, as their name suggests, make

you more alert. How do they relate to food? "The key neurotransmitters are made of amino acids and while foods such as beans and grains have only a few, the nine amino acids considered essential for health are contained in high-protein foods such as fish, eggs, chicken, and beef," says Julia Ross, director of the Nutritional Therapy Institute in Mill Valley, California and author of *The Mood Cure* (Penguin Books). As a pioneer in functional nutrition focused on appetite, mood and

behaviour, Ross believes that many of us are deficient in key amino acids that affect important brain chemicals. "Hundreds of research studies at Harvard, MIT, and elsewhere have confirmed the effectiveness of using just a few targeted amino acid precursors to increase the key neurotransmitters, helping to eliminate depression, anxiety, brain fog and cravings for food/alcohol, and drugs."

In short, you can nurture your mind by putting the right kinds of food on your plate.

1 BOOST YOUR MOOD

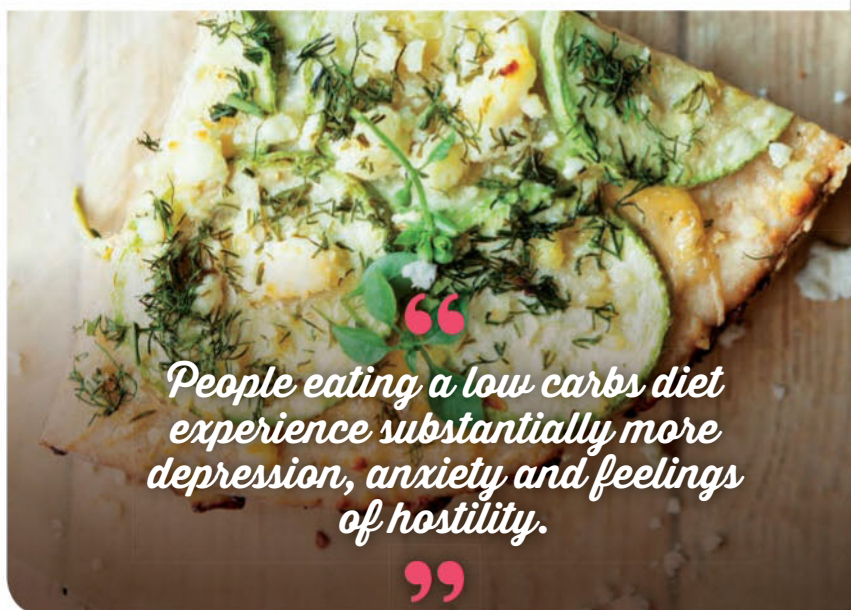
Eating the right foods can enhance important feelgood brain chemicals, such as serotonin. This happiness-boosting chemical relies on a chain reaction in the brain. It is made by an amino acid called 5-HTP (5-hydroxytryptophan), which in turn triggers the release of a chemical called tryptophan, which boosts serotonin levels.

① Top Food Choice: Carbs

Have you ever felt an overwhelming urge to indulge in a full-on carbohydrate binge after a terrible day at work or bout of the PMT blues? Clearly, your brain was trying to self-medicate – studies show that carbs help raise the brain's serotonin levels.

Trouble is – carbs have been suffering a bad image problem in the last few years. As a result, more people are following diet regimes that encourage slashing carb intake. This is turning them into super grumps. That's the finding of joint research conducted by the CSIRO, Flinders University and SA University, which concluded that people eating a low-carb diet experience substantially more depression, anxiety and feelings of hostility. This is most likely because their lack of carbs leaves them deficient in serotonin.

"If you avoid carbohydrates like rice and potato, you produce no diet-related serotonin at all," says Judith Wurtman, a nutritional biochemist. Wurtman spent 15 years in the Department of Brain and Cognitive Sciences at MIT (Massachusetts Institute of Technology) in the US, engaged in groundbreaking research exploring how food influences brain chemicals and mood. "When you eat carbs, this helps trigger the release of insulin, which allows tryptophan to enter your brain," says Wurtman. There, it conducts its 'mood magic', making you feel happier and calmer. Need a quick snack to boost your mood asap? "Then eat some carbs without protein or with only a little protein to enjoy a quicker serotonin response," she says. A slice of rye or wholegrain sourdough bread with some tomato, lettuce and cucumber would do the trick.



“People eating a low carbs diet experience substantially more depression, anxiety and feelings of hostility.”

✓ ALSO ON THE MENU:

- **Dairy foods:** Think yoghurt, cheese and milk – these are all high in calcium, which causes a chain reaction that helps increase tryptophan levels and serotonin. This is why a cup of warm milk before bed helps some people get to sleep faster.
- **Good quality protein:** Foods like turkey, eggs, beans and fatty fish (e.g. salmon and sardines) are high in tryptophan, which then taxis across the blood brain barrier to boost your mood.
- **Lentils:** They replenish your levels of folic acid, an important mineral that is often deficient in people with depression.
- **Brazil nuts:** These boost your levels of selenium, also often low in people suffering the blues.
- **Fruits:** Serotonin occurs naturally in fruits such as plums, cherries, kiwi fruit, plantains, bananas, pineapple and tomatoes.

• **Hot chocolate:** Cocoa boasts high polyphenol levels, which may help reduce symptoms of depression, shows French research published in the journal *Nutritional Neuroscience*.

✗ AVOID BRAIN DRAIN:

Minimise fast food: Giving pizzas, burgers, white bread, biscuits and chocolate a big miss could be the best investment you make in your emotional health. "Our research clearly shows that junk and processed foods that are high in fats and sugars contribute to mental health problems," says Associate Professor Felice Jacka, principal research fellow at the Deakin University School of Medicine. "The healthier a person's diet because it is rich in foods like fresh fruit and vegetables, whole grains and lean forms of protein, the less likely it is that they will be depressed or anxious."

2 CONCENTRATE AND THINK CLEARLY

Eating to improve alertness and concentration can ensure your brain fires on all cylinders every day. The secret? Improve your levels of the brain chemical choline and eat food to help you make tyrosine, another potent alertness booster. Once tyrosine hits your grey matter, it increases important other alertness chemicals such as dopamine and noradrenaline (these chemicals also known as catecholamines). When you don't produce enough of them, you may find it harder to stay on task.

① Top Food Choice: Protein

Aim to eat a little at every meal. Protein not only helps increase energy levels, it contains tyrosine to boost your alertness and cognition. Having trouble concentrating or thinking straight? Lose the carbs and enjoy a pure protein hit. Carbs can reduce the alertness-boosting benefits of tyrosine by throwing some more sedating tryptophan into the mix. So for a quick-thinking pick-me-up, reach for a small can of plain tuna or a little tub of cottage cheese.

✓ ALSO ON THE MENU:

- **Blueberries:** These tasty 'brain berries' can increase powers of concentration by up to 20 per cent, shows a study by the University of Reading.
- **Yellow curry:** A brain superfood, curry is high in curcumin, a potent antioxidant spice shown by many studies to help slow the process of brain ageing and protect against dementia.
- **Black-eyed peas:** The flavonoids help enhance bloodflow in the brain while the high folate levels promote faster recall and information processing.
- **Dark chocolate:** Enjoy just a few squares – not the whole block. A small taste can boost your cognitive skills to make your mind sharper, shows research from the University of Nottingham.
- **Rye toast:** A good source of carbohydrates, which are crucial for producing glucose, a major brain fuel.
- **Pears and apples (with the skin on):** These contain quercetin, an antioxidant that appears to protect against Alzheimer's disease, shows research from Cornell University.
- **Sardines:** And other oily fish can reduce the risk of Alzheimer's disease by up to 40 per cent according to French research.
- **Coffee:** Your daily latte or long black may do wonders to keep your brain in shape, shows a French study, which also found that women over 65 who drink three or more cups of coffee a day have better memory function. Don't overdo it, though, as too much caffeine can also boost anxiety levels and compromise sleep.
- **Spinach:** Research at the University of Amsterdam has found that after eating this green leafy food (which boosts tyrosine), people reacted faster and with more accuracy to problem-solving tasks.
- **Eggs:** and beef and milk: These are all good protein sources of choline. Studies show that adults enjoy better memory function after eating choline-rich foods. So an omelette or scrambled eggs may be the best breakfast before a job interview or exam.



✗ AVOID BRAIN DRAIN:

Don't skimp on fats. "Your brain consists of 50 per cent fat," says Dr Natasha Campbell McBride, a former neurologist who runs the Cambridge Nutrition Clinic in the UK and is a vocal advocate of a high fat diet. "Healthy fats and cholesterol create and protect the white blood cells and millions of other cells that repair the wall linings of blood vessels – which can



help improve cognition and also protect against slow brain ageing that leads to issues like dementia or clouded thinking." Fish is a fab source of omega 3s. For long-term brain smarts, dish some fish several times a week.

Get Motivated

Dopamine is not only produced when you feel pleasure, it's also linked to your desire to work towards a goal. Studies in rats show that those with lower dopamine levels will choose easy-access food rather than exert themselves to get food, even if more effort means enjoying double the amount. To increase your dopamine levels through your diet, tuck into:

- + BLUEBERRIES
- + FISH
- + TURKEY AND CHICKEN
- + EGGS
- + PUMPKIN AND SESAME SEEDS
- + ALMONDS AND PEANUTS
- + BEANS AND LEGUMES
- + YOGHURT, CHEESE AND MILK
- + WATERMELON AND BANANA
- + WHEAT GERM





Every time you down an English breakfast or green tea, you enjoy a dose of a calming compound called theanine.

3 CHILL OUT OR CALM DOWN

Want to feel calmer and less edgy? Then a natural tranquilising chemical called GABA (gamma-aminobutyric acid) is your friend. It is known as an 'inhibitory' brain chemical because it blocks nerve impulses that increase stress, anxiety and edginess. This amino acid not only helps prevent memory impairment, it's an important messenger and natural relaxant.

① Top Food Choice: Tea

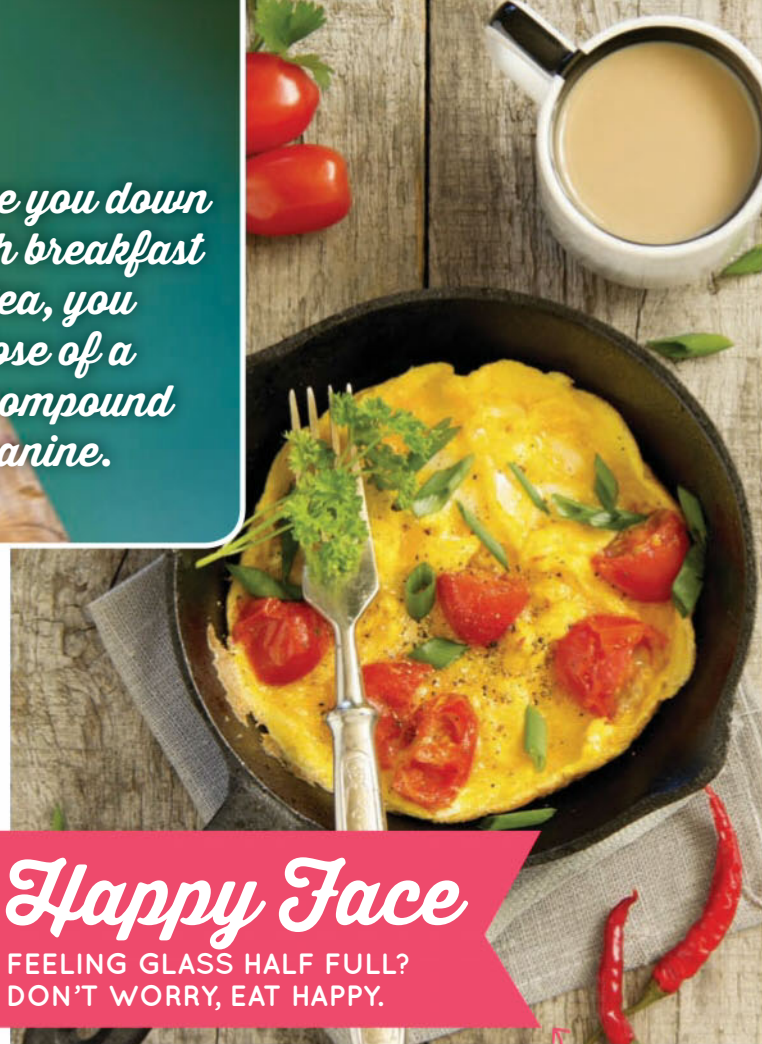
Every time you down an English breakfast or green tea, you enjoy a dose of a calming compound called theanine. The powerful anti-anxiety amino acid is found almost exclusively in the humble cuppa. To maximise theanine intake, choose a loose-leaf tea variety and steep it for three to five minutes to extract up to 85 per cent of the flavonoids. Big leaves need to steep for longer while tiny pieces of tea infuse faster. As well as helping you chill out, the polyphenols in tea have been shown to encourage stronger bones and reduce the risk of numerous cancers.

✓ ALSO ON THE MENU:

- **Bananas:** Their secret sleep weapon? High magnesium and potassium levels, which both help muscles relax.
- **Pepitas and raw nuts:** Same deal – these too are rich in magnesium, which reduces the excitability of your nervous system.
- **Oranges:** German research shows they help lower blood pressure and reduce stress hormones, like cortisol.
- **Beetroot:** This vibrant purple veggie boasts an amino acid called betaine, which acts as a natural calmative. It encourages the body to pump out a chemical called SAM-e (S-adenosyl methionine). SAM-e helps your brain produce and use hormones and chemicals such as serotonin and melatonin, which are important for mood and sleep.
- **Brown rice:** This is a potent booster of GABA, and can help promote faster sleep onset and better quality of sleep, as well as a general sense of calm and wellbeing.
- **Foods rich in vitamin B6:** Stock your shopping trolley with Brazil nuts, avocado, cheese, carrots, oranges, lentils and peas. Their high vitamin B6 levels encourage the production of GABA.

✗ AVOID BRAIN DRAIN:

Steer clear of sugar 'hits': "Sugar can lead to a rise in adrenalin levels that leaves you feeling shaky, edgy or nervous," says Leon Massage, a spokesperson for the Australian Medical Association. "If you're already emotional, sugar may add to that feeling and make you feel more tense and uptight. By contrast, wholegrain foods like a wholegrain sourdough rye bread can fuel up your brain with healthy glucose and help calm you."



Happy Face

FEELING GLASS HALF FULL?
DON'T WORRY, EAT HAPPY.

YOU WANT: To feel generous

► Eating an **omelette** made of three eggs every day helps to make people kinder, shows research from the Leiden Institute for Brain and Cognition in the Netherlands.

YOU WANT: To chillax

► Eating around 40 grams of **dark chocolate** daily boosted mood and slashed stress hormones in Swiss research.

YOU WANT: Anger management

► Eat foods like **almonds, edamame beans and spinach**, which are high in magnesium, a mineral that stabilises mood and blood pressure, helping combat irritability and anger.

YOU WANT: To feel like a minx

► Chew some **celery**. This releases its natural pheromones, called androstenone and androstenol, into the mouth. From there they can travel up to your nose via your throat and trigger desire. Really. ■



CONNECT WITH US



whfmag



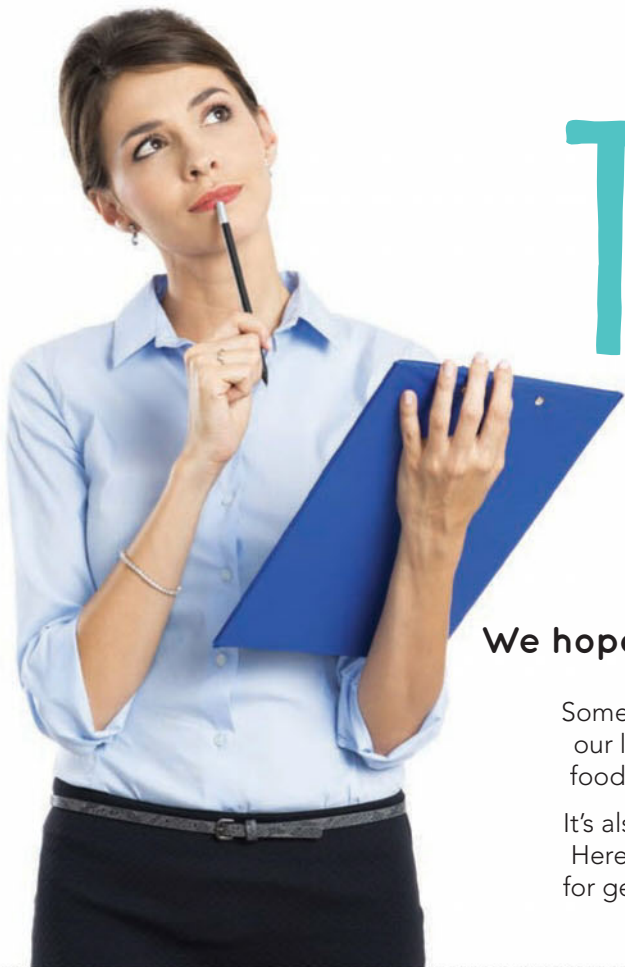
whandfmag



whandfmaged



womenshealthandfitness



THINKING SMART

We hope you are feeling inspired by our Careers issue

Sometimes it's good to take time to check in with where we are at in our lives. We like to think we have given you some fresh ideas and food for thought should you want to make some new job changes.

It's also good to check in with how your body is looking and feeling. Here at *Women's Health & Fitness* we are all about tips and advice for getting your best body ever. So don't miss any of our next issues if you want to look and feel your best.



SO SHOP SMART

That way you always get the magazine hot off the press and you save money too.

**save
\$35!***

SUBSCRIBE AND SAVE



6 issues – \$29.95

12 issues – \$54.95
ONLY ~~\$7.50~~ **\$4.50**
per issue!

includes free delivery!

*Offer available until 12th August 2015 and within Australia only. Maximum savings off 12-issue subscription and off newsstand prices. Please see www.blitzpublications.com.au/privacy-policy for our privacy policy.



Offer Code: 21 no.8 + CAREERS



PHONE:
(03) 9574 8460



ONLINE:
www.subscribeandshop.com/whf



DOWNLOAD
YOUR FREE
IN-SITE APP
& SCAN PAGE
TO SUBSCRIBE

Australia consumes 2.1 billion cups of coffee a year. And while it might feel as though a mid-morning macchiato staves off hunger and keeps you perked without kilojoule energy from, say, pancakes, even coffee with negligible added kilojoules in the form of milks and syrups can promote fat gain and inhibit fat loss – not to mention the constant push-pull as your adenosine receptors are hijacked.

Each cup of coffee contains caffeine. Upon hitting the adrenal gland, caffeine stimulates the release of stress hormone cortisol. In evolutionary terms, such bursts of cortisol helped our ancestors to flee emergencies such as being chased by a fierce woolly mammoth. Now, not so much.

The cortisol spike invites a similar rise in insulin, which is released by the pancreas when sugar is detected in the blood and, among other things, promotes fat storage.

Aside from a biochemical scenario favouring fat storage, many caffeinated beverages contain as many kilojoules as a snack or small meal – absent the satiation factor, which means many coffee drinkers pair their cuppa with a biscuit or piece of banana bread. The kJs in a takeaway cappuccino are about on par with a small tin of tuna and four wholegrain crackers. Paired with café banana bread,

Café V Tearoom

BEVERAGE SHOWDOWN

If you stick your head in the sand and feign beverage amnesia, blissfully ignorant of the excess energy, here are healthier ways to have your flavoured coffee and drink it.

Counsel: Lucinda Zammit // lucindazammit.com.au
Extra words: Jenny Curran

COFFEE

PRODUCT ▶	Nescafe Taster's Choice Hazelnut Latte	Moccona Caramel Latte	Moccona Mochaccino	Coles Café Latte	Nestle Coffee and Milk Tube	Robert Timms Café Moments Mocha
(Per 100ml)					25g serve with 100ml water	
Energy	225 kJ	167 kJ	153 kJ	209 kJ	338 kJ	190 kJ
Protein	1g	0.7g	0.9g	2g	2g	0.9g
Fat	1.8g	1.4g	1.3g	1.5g	2.3g	0.8g
Sat Fat	1.8g	1.4g	1.2g	1.1g	1.7g	0.8g
CHO	8.1g	5.9g	5.1g	7.4g	12.8g	8.6g
Sugars	7.1g	5.3g	4.3g	6.2g	12.5g	3.5g
Notes	Be mindful of the flavours and additives.	Sure, the energy intake is low, but take note of the vegetable oil.	Eleven ingredients... that's a lot!	Salt, glucose syrup and stabilisers. Consider real coffee with added milk.	Note the first ingredient in the list: sugar. Fairly high in kJs.	Less sugar than others, but still a lot.

YOUR BEST >> FUEL IT

even a short black, which equals about two to four calories per cup, outpaces the energy in a medium-sized microwave pasta meal.

That's the bad news. The good news is that a daily latte is unlikely to notably alter body composition and that even the most hardened caramel frappe fiend can find a satisfying alternative with fewer kJs and just as much buzz. Not only will trading coffee shop drinks for pre-mixes or pods or commercial tea blends save you a pretty penny (think a dollar per serve versus four), they'll spare hundreds of kJs each week and let you keep your coffee run. Whether you favour double-shot mocha or chai lattes, there's a low-sugar, low-kJ alternative kick.

“
The kJs in a takeaway
cappuccino are about
on par with a small
tin of tuna and four
wholegrain crackers.
”



HOT CHOCOLATE

PRODUCT ▶	Coles Hot Chocolate Sachets	Jarrah Chocolate Extreme Choc	Nestle Hot Chocolate Complete Mix Sachets	Cadbury Drinking Chocolate
(Per 100ml)				
Energy	204 kJ	112 kJ	215 kJ	126 kJ
Protein	1.5g	0.9g	1g	0.3g
Fat	1.7g	0.6g	1.2g	0.2g
Sat Fat	1.5g	0.5g	1.1g	0.1g
CHO	12g	4.1g	9.1g	6.7g
Sugars	9.6g	2.5g	8g	5.9g
Notes	With the highest sugar content and three kinds of sweeteners, this is a sweet bomb.	Pssst... A sneaky 50 mg of sodium. If you're only counting kJs, however, it's not too bad.	A higher kJ option and questionable ingredients...what is 'beverage whitener'?	A low kJ option with 0 mg of sodium and less sugars than the Jarrah.



TEA

PRODUCT ▶	Tetley Chai Latte Classic	Nerada Ice Tea Lemon and Lime	Lipton Chai Latte Sachet	Twining's Chai Tea Bags	Bulletproof Cacao Tea	Tetley Steamed Green Tea with Ginger	Bondi Chai Club Cinnamon Chai latte
(Per 100ml)							
Energy	165 kJ	146 kJ	184 kJ	5 kJ	0	4 kJ	250 kJ
Protein	1.7g	0.1g	1g	Less than 1g	0	0	4.17g
Fat	0.8g	0.1g	1.4g	Less than 1g	0	0	<1g
Sat Fat	0.6g	0.1g	1.1g	Less than 1g	0	0	<1g
CHO	6.5g	8.5g	6.8g	Less than 1g	0	0	10.28g
Sugars	6.2g	7.5g	6.6g	Less than 1g	0	0	10.15g
Notes	A lot more spices than other chai sachets.	A high-sugar tea choice. Consider a warm cup of tea with a slice of lemon for a flavour twist.	A few too many numbers in the ingredients list.	You could add your own warmed milk to make this all-natural spicy brew creamier. The kJs in this are negligible.	A chocolate tea with 0 energy factor – where do we sign?	A low-calorie choice with minimal ingredients - steamed green tea (88%) and natural flavours (12%).	High-calorie, but it offers a little protein and is gluten free. The ingredients are hard to decode. ■

PHOTOGRAPHY: THINKSTOCK

WE *like* TO

Steam

..... OUR

GREENS

JUST LIKE YOU



Tetley® 100% Steamed Green Tea is made differently to most other green teas, which are roasted. We gently steam the tea leaves to capture their brightness and healthy taste – just like steaming veggies. Our pyramid infuser bag gives the tea plenty of room to swirl and brew. The result is a refreshing, delicious drink with all the antioxidants you expect from green tea.

GREEN
Day



is a
GOOD
DAY

One cup of Tetley Steamed Green Tea contains 50mg antioxidants



Process Driven

While there's no such thing as a good or bad food, certain contemporary additives are less body friendly than others. Ironically, low-fat, low-cal and low-carb products are among the worst.

Words: David Goding

Here's betting your parents' folks loved fat. In fact, you probably fondly remember making worms with surplus butter between two biscuits at playtime. Pork crackle didn't seem to be a problem until a few years back – about the time the world discovered 99 per cent fat-free everything. So too crusty ciabatta dusted with flour (wheat flour).

In an era in which a gluten-free label can double sales overnight and the prevailing supermarket mentality says that less calories are more, however, the whole food message espoused within the clean-eating movement has stiff competition. Despite knowing deep down that natural foods are nutritionally superior to those stripped of fat, loaded with sweeteners and spun into something only vaguely resembling their natural state, we seem to find it hard to resist the message embedded in food marketing and overtly peddled by the nutrition industry. Low-fat dairy and margarine are supposed to be better for us than the fatty, doughy, carby, floury stuff people used to eat way back in, well, last decade.

"Probably nothing better captures the essence of our self-control predicament than humanity's worldwide struggle

with its weight," says Daniel Akst, author of *We Have Met the Enemy – Self-Control in an Age of Excess*. "Hardly anyone wants to be fat. Yet eating does not seem to vary very reliably as a function of its consequences – our definition of voluntary behaviour. We do not desire the desires we have with respect to food, but we seem unable to overcome them in favour of our more enduring wishes for a normal body weight."

Where it gets stickier than sourdough on an unfloured bench is in the rising incidence of nutrition-related conditions including metabolic syndrome, diabetes, food intolerances and allergies and obesity, which strikes an uncanny coincidence with increased consumption of modified foods. Hello, low fat yoghurt.

An estimated 17,000 new products appear in the supermarket each year. Michael Pollan, author of *Food Rules* and *In Defense of Food*, says that many better approximate science experiments than sustenance.

"I call them edible food-like substances. They're highly processed concoctions designed by food scientists, consisting mostly of ingredients derived from corn and soy that no normal person keeps in the pantry, and they contain chemical additives with which the human body

has not been long acquainted," Pollan says.

When scientists isolate individual 'miracle' nutrients – such as beta-carotene – it lacks the synergistic benefits of the entire sweet potato.

"Breaking down food into its separate ingredients ignores the experience of food, says RMIT University's Dr Marc Cohen. "We don't just eat food for its nutritional content. There are many, many reasons why we eat. There are social and cultural reasons, sensory and psychological aspects. It's not just about getting the daily allowance of whatever is on the label."

Low-calorie diet foods and foods engineered to minimise carbohydrate content – think many mass market protein bars – are in the firing line. In fact, anything your nan wouldn't recognise is up for critique.

"Imagine your grandmother at your side as you roll down the aisles of the supermarket. You're standing together in front of the dairy case. She picks up a package of Go-Gurt Portable Yogurt tubes – and hasn't a clue what this plastic cylinder of coloured and flavoured gel could possibly be. Is it a food or is it toothpaste?" Pollan asks.

Packaged products and processed meats commonly contain stabilisers,

preservatives, bleaches, emulsifiers and artificial flavours and list long, scientific names or simply list the additive code – which, under further investigation, leads back to a long, scientific name few people understand.

As Bill Statham states in *The Chemical Maze – Your Guide to Food Additives and Cosmetic Ingredients*, "there is rarely, if ever, any indication on the label of the safety or otherwise of the ingredients that are used."

Many of the tens of thousands of chemicals now approved for use in food technology have never been proved safe for humans or the environment, Statham says.

Yet among the not-so-great pretenders are products that can legitimately claim health cred.

"It's not as bad as some people make out," says dietitian Julie Gilbert from Dietitians Association Australia. "For instance, nitrates are added to ham – they're there so it doesn't grow bacteria that is harmful to us, which is a good thing." Ready, set, shop.

Slimming foods

'Slimming' foods enable us to eat more of the yummy foods we like to indulge in and still lose weight, right? Not exactly.

"The 40-year-old campaign to create low- and non-fat

versions of traditional foods has been a failure," says Pollan. "We've gotten fat on low-fat products. Why? Because removing the fat from foods doesn't necessarily make them non-fattening. Carbohydrates can also make you fat, and many low- and non-fat foods boost the sugars to make up for the loss of flavour."

Food scientists have created what they call the 'bliss point' – the ideal amount of sugar added to appeal to our craving senses. Taking out all or some of the fat generally pushes this point higher.

"Also, by demonising one nutrient – fat – we inevitably give a free pass to another, supposedly 'good' nutrient – carbohydrates in this case – and then proceed to eat too much of that instead. You're better off eating the real thing in moderation than bingeing on 'lite' food products packed with sugars and salt."

You'll get a better idea of the worth of a product by ignoring the label on the front of the

packaging and going straight to the back.

"When choosing a product it's important to look at the overall kilojoule content and the nutrients it provides," says dietitian Maria Packard. "Look for products with a lower kilojoule content, which contain fibre and protein to fill you up, and stick to core food groups."

The real lite foods reside in the veggie section.

"The healthiest food in the supermarket – the fresh produce – doesn't boast about its healthfulness, because the growers don't have the budget or the packaging," says Pollan. "Don't take the silence of the yams as a sign they have nothing valuable to say about your health."

Eek!: Foods that pretend to be something they're not, such as margarine and non-fat cream cheese, which contains neither cream nor cheese.

Seek: Foods from the outer isles of the supermarket and stay away from the evil middle isles.

Buyer beware

Food labels often stretch the truth as far as they legally can, cleverly engineering an interpretation at odds with the facts (contains natural ingredients – what, like one?). Keep your eyes peeled for these catchcries.

- X 97% FAT-FREE:** Those lollies or biscuits may be low in fat but they're still not a healthy choice. Fat is only one part of the big picture – kilojoules, salt, sugar, colours and preservatives should not be ignored.
- X LITE:** May indicate that a food is lighter in flavour, colour or taste – but don't presume it means it is lighter in kilojoules – in fact, the opposite may be true.
- X MISLEADING PICTURES:** Don't let that ripe mango or capsicum on the label mislead you – the food pictured may only make up five per cent of the flavour.
- X NO ADDED SUGAR:** Sweeteners come in many non-sugar forms, which all elevate insulin levels. Watch out for dextrose, fructose, glucose, maltodextrin and corn syrup (which has been linked to diabetes in studies). Sugar-free foods may also have more kilojoules because they contain more fat.
- X MULTIGRAIN:** This can indicate a white low-fibre food with a few grains thrown into the mix. Look for wholemeal varieties instead.



Soy

Past generations obviously had no idea about the versatility of the humble soya bean, but fortunately, modern scientists have come to the rescue.

It was the 1980s when the fermented soya bean buddies of tofu and tempeh first announced themselves to hip health buffs and vegos and were heralded as the new saviours from the East.

It seemed that the phyto-oestrogen properties could protect against breast and prostate cancers and relieve menopausal symptoms, and early studies, combined with the fact that there are lower incidences of these cancers in Asian countries than the West, backed it up.

But Asian countries eat their soy mostly in fermented form, not in the mass-produced forms that have now snuck under the cloak of brightly coloured wrappers throughout the West.

"Soy protein isolate", 'soy isoflavones', and 'textured vegetable protein' from soy and soy oils are finding their way into thousands of processed foods," says Pollan.

You're now likely to find soy products in sauces and spreads, cheese, biscuits, breakfast cereals, pastries and soups, adding flavour, bulk or texture. In America, 75 per cent of the vegetable oils consumed come from soy and in Australia we're fast catching up.

Health authorities have now judiciously backed away from soy's anti-cancer claims, with many now saying that such massive consumption may actually have the opposite effect. The jury is still well and truly out – history has never experienced soy consumption at such levels.

Soy has also made big inroads into the weight loss industry via slimming bars and weight loss concoctions. The problem is that soy products contain nasties, unheard of in our grandparents' time, called obesogens – which may actually lead to weight gain.

Obesogens – also found in the plastics of food packaging, pesticides sprayed on food crops and high fructose corn syrup – are endocrine disruptors that hijack the regulatory system that controls body weight, potentially leading to increased appetite and fat production. Some studies horrifyingly suggest that obesogens may even be capable of reprogramming stem cells into becoming fat cells.

Eek!: Soy-based slimming bars and drinks (look out for soy isolate and soy nuggets, which often appear in low-carb diet bars).

Seek: Fermented soy products, in the form of tofu or tempeh, with some pickled ginger and wasabi on the side.

Genetically modified

With an ever-expanding population, our food supplies needed to catch up. It's all very well for our ancient ancestors of 50 years ago to totter down to the fruit and veg market to see if carrots have come back in season. These days, that's just not going to cut it. Enter genetically modified foods – they're bigger, stronger, faster and capable of leaping international barriers to get to your pantry.

And you don't even need to know that they are GM foods in order to eat them. Chocolates, chips, margarine, mayonnaise, biscuits, bread and fast foods may all contain GM ingredients, with you having little idea of their presence.

While only cotton and canola have been granted commercial approval to be grown in Australia (producing cotton oil and canola oil), overseas GM foods are popping up everywhere, in particular in the form of potatoes, corn, and, you guessed it, soya beans.

"They will start to come more and more into our market. We want food to be cheap and look good and be available year round, then we'll source it from all parts of the world, in whatever form we can find it," says Gilbert.

The impact on the environment is perhaps the biggest question.

"One of the problems with GM crops is that the seeds cannot be removed from the ecosystem once they've been released," says Angela Crocombe, author of *Ethical Eating*. "They are living organisms that can travel on the wind and via road transport to destinations where they were not intended to be grown, and can then corrupt non-GM crops by crossbreeding."

As the debate rages, food companies stoke our appetites and we continue our rabid consumption. After all, thinking uses a lot of energy.

Eek!: Packaged foods from the Western hemisphere, particularly USA, Canada and Argentina.

Seek: Organic, home or hippie farmer-grown produce.



Palm Oil

Palm oil is the most consumed edible oil in the world according to consumer organisation Choice. In 2009 it represented a third of the world's total oil production – against olive oil's two per cent. An edible vegetable oil derived from the fruit of oil palms, it contains 50 per cent oil according to accredited practising dietitian Charlene Grosse, from the Dietitians Association of Australia (DAA). In other words, it's cheap. Which explains why it's a staple in processed foods such as biscuits, cakes and pastries. From a metabolic point of view, nutritionist Dr Paul Lewandowski says palm oil is much like other oils, providing energy and "incorporated into cell structures such as cell membranes". Some people can experience changes to their health as a result of what the oil does to these cell membranes, Lewandowski warns. Semi-solid at room temperature and giving its name to the "16-carbon saturated fatty acid palmitic acid", palm oil does not contain cholesterol, says Lewandowski. However, saturated fat intake increases both LDL (bad) and HDL (good) cholesterol, he says. Grosse agrees. "Palm oil is high in saturated fat and low in polyunsaturated fat," she says.


SHELF SIGNAL: Estimates by the World Wildlife Fund put the proportion of Aussie supermarket products – from chips and chocolate to shampoo – containing palm oil at 50 per cent. The Australian Food and Grocery Council says it's closer to 80 per cent. But don't expect to see palm oil in the ingredients list. Australia's food regulatory body, Food Standards Australia New Zealand (FSANZ), lets palm oil fly under the labelling radar, allowing manufacturers to label it as vegetable oil. Instead, if a label lists vegetable oil, look at the saturated fat count and scan the other ingredients. If there are no sources of animal fat listed (think butter) and the label lists satch fat, there's a fair chance the product contains either palm kernel oil, palm oil or coconut oil. (Other vegie oils are unsaturated.)



Monosodium Glutamate (MSG)

Chiefly used as a flavour enhancer, monosodium glutamate (MSG) can be found in some rice crackers, instant noodles and other super-processed packaged snacks. According to Dr Lewandowski, the salt of glutamic acid is one of the most abundant naturally occurring non-essential amino acids. Unlike glutamic acids found naturally in foods, MSG is the result of an extraction process whereby the amino acids are bound to salt in order to isolate and crystallise them. Whether or not MSG lives up to the evil-food additives hype is debatable according to Dr Lewandowski. He says there "is no scientific evidence that MSG has negative health effects on 99 per cent of the population". However, a 2008 University of North Carolina study of 750 occupants of rural Chinese villages published in the journal *Obesity* suggested that those who used MSG in meal preparation were three times more likely to be overweight than MSG abstainers. The oral lethal dose is far greater than food is likely to supply. "The intake of MSG as a food additive and the natural level of glutamic acid in foods do not represent a toxicological concern in humans," says Dr Lewandowski.

SHELF SIGNAL: Australian food manufacturers are required to list the additive in their ingredients, so check the label for monosodium glutamate, or MSG, (or its additive code, 621). It's not just MSG, though. Flavour enhancers 627, 631 and 635 have been found to boost the flavour cred of MSG. If they're there, chances are MSG is, too.



Sodium Nitrate and Sodium Nitrite

Sodium nitrate and nitrite extend the shelf life of packed deli meats and poultry. It's the same chemical used to prevent botulism, Dr Lewandowski says. The real issue is that when it mixes with human blood's haemoglobin (Hb), it forms methaemoglobin, which has been linked with clinical indications at high levels, Grosse says. Studies have shown a link between increased levels of nitrates and increased deaths from certain diseases including Alzheimer's, diabetes mellitus and Parkinson's, "possibly through the damaging effect of nitrosamines on DNA", Dr Lewandowski says. In a 2010 study

published in an online publication of the American Cancer Society, *Cancer*, researchers found that patients who consumed diets high in dietary nitrite and additional nitrite from cured meats had a 29 per cent increased risk of being diagnosed with bladder cancer. But it would take a huge lot of ham to make you toxic – think 45 times the threshold for regular sodium.

SHELF SIGNAL: Look for packaged meats without nitrate- and nitrite-containing preservatives. If buying meat loose, ask.

Phosphoric Acid

If you've ever wondered why cola drinks make your teeth feel strange, it might be because phosphoric acid is used in dentistry and orthodontics as an etching solution. Dr Lewandowski says it's often used to clean and roughen the surfaces of chompers to leave room for fillings. "Phosphoric acid is also an ingredient in over-the-counter anti-nausea medications that also contain high levels of sugar (glucose and fructose)," he says. Unlike non-carbonated drinks, the acidic and reactive nature of phosphoric acid "has the potential to alter the pH or acid environment of the digestive tract, including the mouth and stomach", Dr Lewandowski warns. It can also contribute to bone density damage. In a 2006 study published in the *American Journal of Clinical Nutrition*, researchers found that cola consumption was linked with lower bone mineral density in three test sites regardless of participants' age and other factors that can influence bone density, such as vitamin D intake, smoking and alcohol consumption.

SHELF SIGNAL: Ummm...you can work that out. ■



planet[®]
organic

Ask at your local health food store

www.planetorganic.com.au



organic calming herbal tea
purely for the chilling out




An Australian Company

SLOW-MO MEALS

Employing principles of meditation at mealtimes can crush cravings, curb overeating and dissolve post-nosh guilt.

WORDS: DAVID GODING



Food is the enemy. Something to be consumed quickly, shamefully, greedily and secretly. We're under constant pressure to curb the carbs, kill the cravings, and forget the fat. In short, our relationship with food is one based largely on fear. Even the finest meal comes laced with a good serving of guilt.

This is the way the Western diet industry has evolved. But is it possible that the true answer to our diet and obesity dilemma (some would argue they are the same thing) is to learn to love the food we eat? Not like a cheap 2am kebab kind of love, but intimate, lasting, passionate love for food?

Ruth Wolever, clinical health psychologist and co-author of *The Mindful Diet*, believes that mindful eating is the secret to both healthy weight management and dietary happiness that many of us crave.

"Consider the common habit of eating while doing other things – whether that's driving, checking email, walking through the grocery store, or watching TV.

Research shows that when people eat while they're distracted or

multitasking, they eat faster, eat a bigger portion, don't remember what they consumed, feel significantly less full, and continue to eat more throughout the day," she says.

With so much of our thoughts taken up by the past and our future, it's not surprising that we're not in complete control of our present. Mindful eating is all about being 'here and now' with the food you're eating, and, for that matter, everything else you do as well.

"'Be here now', one of the mantras of mindfulness, might sound overly simplistic when you first hear it," says Wolever. "Where else would you be? But when you start paying attention, you realise that while you're 'here' physically, your mind is often busy burrowing into the past or projecting into the future. What's the problem with this? You end up reacting to the dramas that play out in your mind, which often have little or nothing to do with what's happening in the present moment. What's more, you miss a lot of what's happening in the present."

So put down that ham and salad sandwich, read the rest of this article, then get back to it when you can give it your total and undivided attention, and love.

Mindful roots

It's not new, it can't be trademarked and it's hardly

revolutionary, but mindfulness is certainly an eye-opener for many of us 'time-poor' high-energy types, caught up in our incredibly important lives. Not so in the East, where wisdom has long recognised the worth of living in the moment.

Meditation, an integral practice in most Eastern cultures, is all about being present, washing away distractions, for the purpose of greater happiness. After all, happiness, by root definition, requires you to be 'happening', to be present in the 'now'.

Of course, we in the West, as we do, like to give it a few tweaks and call it new.

Professor Mark Williams, credited with co-developing mindfulness-based cognitive therapy (MBCT) and author of *Mindfulness-Based Cognitive Therapy for Depression*, defines the therapeutic approach to mindfulness as "direct, intuitive knowing of what you are doing while you are doing it. It's knowing what's going on inside your mind and body, and what's going on in the outside world as well. It's like training a muscle – training attention to be where you want it to be. This reduces our tendency to work on autopilot, allowing us to choose how we respond and react."

In recent years we've employed mindfulness in boardrooms, schools, prisons, courtrooms and hospitals. Now it's time we swung our mindful attention to food.

**It's like training a muscle -
*training attention
to be where you
want it to be.***

**This reduces our tendency to work
on autopilot, allowing us to choose
how we respond and react.**

The mindless trap

Are we really that mindless in our eating habits? Surely all this fearful overeating and extreme dieting requires an obsessive attention to the here and now (not that it's one you want to stay in for very long), doesn't it?

Well, not really. Most of these dietary thoughts are either in the past (guilt, mistakes, longing for the old you), or focused on the future (going without, dread, or longing for the new you). Amongst it all the very act of eating is almost entirely forgotten, as though it's over almost as soon as you've started. Then real life takes over.

"In real life, 'breakfast' was coffee on the way to work, the staff meeting starts in five minutes, and the bag of Doritos on your desk is looking good," says Wolever. "In real life, talking to your critical older sister triggers a Pavlovian response for dulce de leche ice cream. In real life, you blew your diet last night at your best friend's birthday bash, so all bets are off. In real life, you ordered a veggie sub for lunch and it's a foot long, and while you didn't ask for potato chips, here they are. In real life, every diet you've tried has left you feeling two things: hungry and unhappy."

Celebrating 'crazy busy' like we do has ramifications – we get stressed, sick, overweight and unfulfilled.

"Not being present can lead to myriad unhealthy eating patterns," says Wolever. "Rather than contending with emotions like sadness and anger, some people overeat to 'stuff' their feelings down. Not being present in our bodies means that we miss our bodies' hunger and fullness signals. These signals are the body's innate way of alerting you when to start and when to stop eating. Ignoring them is like driving on a busy road with no stop signs or traffic lights."

Getting to know your triggers

Hunger isn't the only trigger



A mindful approach to eating
*gives you ultimate
control over your
own eating habits*
rather than following the habits of
the latest random celebrity.

that stimulates our appetite for food. In fact, for many of us, hunger rarely comes into it.

"Everything we hear and see has an impact on our unconscious mind at some level," says Rachel Bartholomew, nutritionist and co-author of *Mindful Eating – Stop mindless eating and learn to nourish body and soul*.

"We respond particularly

well to pictures, and the food industry knows this only too well. Superstores bombard all our senses with tempting aromas and mouth-watering pictures as soon as we walk in the door. They put 'impulse buys' at eye level and create colourful displays. Before you know it, you start to feel hungry."

Then there's the self-

perpetuating mother of all food triggers that comes in various guises: stress.

"We've all been there," says Wolever, "you hang up from a difficult phone call with anger coursing through you or sadness weighing you down, and before you know it, you've downed not one but three brownies. Or you're trying to meet a deadline at work and find yourself munching through an entire bag of Cheetos. On the flip side, when sadness or anxiety hits us really hard – from a heartbreaking loss, an awful argument with someone we love, or pre-presentation jitters, for instance – we often feel unable to eat."

The trick is getting to know your triggers, both internal and external. Then, as with a meditation practice, you can acknowledge their presence, even the way they make you feel, then either deal with them now, if pressingly important, or – as is more widely the case – let them drift into meaningless trigger-eating hell.

Kickstarting change

Changing to a mindful approach to food is, fortunately, not as difficult as you might imagine. That's because we are designed, innately, to love food.

"Remaining in the present allows you to relax, mentally and physically, and stop the reactive cycle that leads to overeating (or choosing high-sugar or high-fat foods)," says Wolever. "Being present also keeps you in touch with what's happening in your body – notably, signals of hunger and fullness that are very easy to ignore when your mind is going a mile a minute.

"And finally, when you're present, you can consciously direct your attention to your sensory experience while you're eating, noticing the textures, tastes and smells that you might usually miss because you're distracted or eating quickly. Fully engaging your

senses will help you better enjoy smaller amounts of food."

For all this to work, though, you've got to make the time, which means stopping what you're doing to be as one with your sandwich.

"Make it a priority to spend time nurturing the things that are most important in helping you reach your goals," says Bartholomew. "I've seen people swap half an hour of watching television for half an hour of making a mindful bean soup instead. Some people have ditched their daily wind-down with wine and chocolate and have replaced this with a family walk."

Slowing down can actually provide you with more time rather than less.

"When you make time to be more mindful, this actually frees up more time," says Bartholomew. "When you are mindful, your focus sharpens and you become more efficient at everything you do. You also start to filter out daily tasks and activities that are not helpful and don't fit with your new lifestyle."

Connecting with food

To really connect with food in a mindful way, you need to find it interesting. Not just 'that looks pretty on the plate' kind of interesting, but all-absorbing

'mortar-and-pestle-grinding' interesting.

"Before you begin eating, sit and appreciate the food with your eyes," suggests Bartholomew. "Look at the variety of colours, see the different shapes and textures. Inhale the aromas of the food as you begin to take some deep breaths into your belly, relaxing into a calm state that is perfect for digesting your food."

"Eat a forkful of food and then put down your cutlery. Close your eyes and totally focus on the flavours. Chew thoroughly, imagining how this wonderful food is nourishing your body and mind. Listen to your body and stop eating when you begin to feel pleasantly full. Research shows that people who are blindfolded eat much less than people who can see their food, because they are able to truly focus on their body's signals."

You may even want to bring some of your newfound awareness into the kitchen itself. Meditating while cooking may sound like a dangerous pursuit, but it's one that can definitely enhance the experience.

"As you cook your favourite dish, remove any distractions and bring your awareness to the moment," says Bartholomew. "First, become aware of your

breathing and then gradually expand your awareness so that you are keenly aware of everything around you and within you. Slow down the process of assembling your ingredients, gathering each one at a time, and noticing their different qualities.

"Pay attention to the aroma, texture, shape and colour of each vegetable as you add it to the mix. Heighten your senses to be aware of each movement you make and be present as you stir the dish. Reflect on the concept that what you are doing is a metaphor for your whole life.

"You are assembling the ingredients for a happy, healthy life, adding revitalising ideas and thoughts and mixing them together with some seasoning to spice up your day."

The ultimate diet

Eating mindful isn't a diet as such, but it can certainly work as one.

"In one industry trial that tested our mindfulness-based approach, study participants decreased compulsive eating habits, improved self-control with regard to eating, lost weight at a gradual and sustainable pace, maintained significant weight loss for at least 16 months, and improved a number of indices of wellbeing,

including reduced depression, lower perceived stress, and greater self-esteem."

Fifty-five per cent of those in the same mindful-eating program who had metabolic syndrome reversed the condition.

"In working with hundreds of patients on losing weight and changing their eating habits, we've found that two big pieces of the puzzle are often missing from conventional approaches: attention and intention, both infused with the qualities of curiosity and kindness," says Wolever.

A mindful approach to eating provides both of these things in spades. It also gives you ultimate control over your own eating habits rather than following the habits of the latest random celebrity.

"By shifting to a state of mindfulness, you put yourself in the driver's seat and take full responsibility for where you are and where you want to be," says Bartholomew. "You learn to listen to your body and enjoy the process of eating real food. When you are in this mindful state, it becomes very difficult to overeat."

"From a psychological perspective, if you understand why you are doing something, you are much more likely to actually do it." ■

planet[®]
organic

Ask at your local health food store

www.planetorganic.com.au



organic turmeric herbal tea
purely for the versatility



An Australian Company

STEEP INCLINE

Find your winter wellbeing with tea-based meals that reconcile nourishment and comfort.

There are lots of good things about the cooler weather. Boots, scarves, snuggle buddies, fireplaces and guilt-free Saturday nights spent cradling a warm mug of tea (while watching Ryan Gosling movies).

But as the chilly season slowly robs us of vitamin D and slows the social tempo, it's common to feel a bit blah. At the pointy end, seasonal malaise can meet diagnostic criteria for seasonal affective disorder (SAD), which is marked by lack of energy, excessive sleep, overeating, carb cravings and weight gain according to beyondblue.

While light therapy and pharmacological treatments are the best-known remedies, exciting new research shows that tea can mitigate depression risk. In a study published in the *Australian & New Zealand Journal of Psychiatry*, drinking just three cups of tea per day correlated with reduced depression risk of up to 37 per cent.

Another recent study published in *PlosOne* observed that the many antioxidants and phytochemicals, found in teas of all varieties, might also be responsible for lowered depression risk. (Caveat sipper: the elixir was decaffeinated and taken sans artificial sweetener.)

Tea is also increasingly being recognised as a brain booster due to active ingredient L-theanine – an amino acid credited with modulating aspects of brain function in humans. Studies show that the naturally occurring chemical significantly increases activity in the alpha frequency band, which indicates that it relaxes the mind without inducing drowsiness. And you don't need to throw back 20 cups a day. Realistic dietary levels appeared to significantly boost mental alertness or arousal, which, when coupled with the attention cred of alpha activity, could give you more mental edge than that macchiato.

Of course, the comfort factor of nursing a steaming mug is something like a grown-up blankie too. (Assuming RGos is busy.) Steep this way.

Black bean burgers *with tea basil aioli*

Makes 6 to 8 burgers

Toasted pecans are the key to these black bean beauties, along with the matcha in the piquant aioli.

WHAT YOU'LL NEED

Black bean burgers

- 1 small carrot, shredded (½ cup)
- ½ medium green bell pepper, seeded and finely chopped (½ cup)
- 1 medium red onion, finely chopped (1 cup)
- 1 large clove garlic, minced
- 1 tsp kosher salt
- 2 cans black beans
- ½ cup toasted pecans
- 2 eggs
- ½ cup dry breadcrumbs
- ½ tsp red pepper flakes
- 1 tbsp olive oil

Green tea basil aioli

- 4 cloves garlic
- 10 large fresh basil leaves
- 3 tsp matcha green tea powder
- 4 egg yolks
- 4 tsp freshly squeezed lemon juice
- 1 tsp Dijon mustard
- ½ cup olive oil

WHAT YOU'LL DO

To make the burgers:

Preheat the oven to 180°C. Line a 45cm sheet pan with baking paper. Place a medium frypan over medium-low heat for one minute. Swirl in the oil to coat. Sauté the carrot, bell pepper, onion, garlic and salt for about eight minutes, or until the onion is translucent. Turn off the heat. Drain both cans of beans. Pour one can into a large bowl. Pour the other into a food processor with the pecans and cooked vegies and pulse to a coarse paste. Add to the whole beans. Mix in the eggs, breadcrumbs and red pepper flakes. Mound half-cup patties onto the baking sheet, pressing lightly to flatten. Leave space between patties. Bake for 45 minutes until dry and a bit crisp.

To make the aioli:

Purée the garlic, basil, matcha, yolks, lemon juice, mustard, and salt and pepper to taste with a blender or food processor. Add the oil in a slow stream until smooth. Serve on whole-wheat buns smeared with aioli and dressed with lettuce and tomato.





Matcha teaffogato

with toasted coconut ice cream

Makes 8 servings

WHAT YOU'LL NEED

- 1 can coconut cream (2 cups)
- 1 cup heavy cream
- ½ tsp kosher salt
- ½ cup sugar
- 4 egg yolks
- 2 tbsp thick-cut toasted coconut flakes
- 2 tsp matcha green tea powder
- 2 cups hot water

WHAT YOU'LL DO

Scald the coconut cream about three minutes in a medium saucepan over high heat. Don't stir just yet; it will begin bubbling animatedly and might spurt. Stir in the heavy cream, salt and sugar and keep on high heat until it begins almost frothing over the saucepan. Turn the heat down to medium low and cook two minutes, stirring. Turn off the heat.

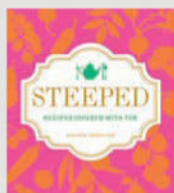
Whisk the yolks in a mixing bowl. Gradually pour in the coconut cream mixture, whisking constantly. Strain through a fine-mesh sieve placed over a small bowl. Pour the strained custard back into the saucepan. Cook over medium low until it reaches 80°C. Pour into a bowl. Cover and refrigerate for 24 hours, or until cold. Pour the custard into the cold ice cream machine receptacle. Follow the manufacturer's instructions. Sprinkle in the coconut flakes after the ice cream starts



thickening. Churn for three more minutes. Freeze at least two hours before serving.

To assemble:

Sprinkle the matcha into a large bowl and vigorously whisk in the water, starting with ¼ cup for one minute. Once the tea is clump free, add more water while whisking until all the water has been incorporated. Scoop one ball of ice cream into each bowl. Pour ¼ cup matcha over each. Serve immediately.



**Recipes from
Steeped: Recipes
Infused with Tea by
Annelies Zijderfeld
(Andrews McMeel
Publishing)**

“

TEA IS INCREASINGLY BEING RECOGNISED AS A BRAIN BOOSTER DUE TO ACTIVE INGREDIENT L-THEANINE

”

Jasmine tea extract

Makes ¾ cup

Tea extracts are endlessly versatile. Use your imagination and get busy infusing!

WHAT YOU'LL NEED

- ½ cup loose jasmine green tea
- ¾ cup vodka

WHAT YOU'LL DO

Place the jasmine leaves in a large glass jar. Pour the vodka over in a swirling motion. Store the sealed jar in a dark, cool place for one month. Strain through a fine-mesh sieve into a clean glass jar, pressing on the leaves to extract all the steeped liquid; discard the leaves. You can substitute jasmine tea with ¼ cup Earl Grey, English breakfast, or masala chai.





BROOKE AVARD

As a self-confessed yoyo dieter who had fallen off the bandwagon more than once, all Brook Avard needed was something to keep her accountable, and now she's changed her approach for good.

I'm turning 30 this year, and I realised that I'd been dieting for half of my life. I know how to eat healthily and I know that I need to exercise... I just have never committed to anything with consistency.

My biggest motivation to take the BodyBlitz challenge was to ensure I was kept accountable – I decided that 2015 was the year to make the changes I needed to be fit and healthy for life. I'd spent years reading about the other winners of the BodyBlitz challenge and decided I could be one of them if I put my mind to it.

In the past I'd been too extreme with both my diet and exercise. I'd fall off the bandwagon by fatiguing my body to a point where I just didn't have the energy to do anything. I would try to go back to a my normal diet with some naughty treats in moderation. But I never had the willpower.

When I put in my BodyBlitz challenge application, took my photos and mapped out my diet and exercise, I was all set for success! But I made the same mistake I always do and went too hard, too fast. So I decided to scale it back a bit.

I still exercised regularly, just not as much, and I added in more carbohydrates to give me some more energy. After another four weeks, I had done considerably less exercise but still lost the same amount of centimetres and weight. This

was such a turning point for me. Seeing proof that you don't need hours at the gym in order to get the desired results was such a relief!

After the challenge, my skin is clear, I have much more energy, I'm not as moody and I'm just generally much happier inside and out. My confidence has definitely improved and I'm feeling a lot more comfortable with my body. I'm working on keeping my diet and exercise consistent every day. It's all a work in progress, but by participating in the BodyBlitz challenge, I got the motivation I needed to kick-start my journey into a healthful, fit and happy life past 30.

On challenges:

Staying focused and not letting slip-ups get to me was really difficult. The mentality of 'Oh well, I've already eaten something bad today, I might as well start again tomorrow' is something I have struggled with for a long time. Now, if I'm going to have a treat, I'll make it healthy or something I will truly enjoy and make sure I eat well around it.

Honestly, I tend to dislike exercise. It is not something that comes naturally to me and I have struggled with the motivation to exercise since I was 15. Once I start exercising I feel great and I am very motivated to push myself, but I will go through phases where I lose that motivation



"I'M FEELING A LOT MORE COMFORTABLE WITH MY BODY."



and won't exercise for several weeks. When I'm not feeling up to a workout for whatever reason, I say to myself, 'Just do 15 minutes.' Then I usually muster the energy to put on my workout clothes because 15 minutes is manageable, and I'll end up doing at least 30 to 45 minutes.

On workout motivation:

I really wanted to have myself as my biggest motivator, because at the end of the day, if you cannot motivate yourself, you are never going to truly succeed in anything. But I have learnt during

of the challenge that it's ok if you need outside help. No one is capable of being the perfect human being and doing what they 'should' do all the time. Without my boyfriend I would have really struggled to make it this far and I know going forward I will need his help to stay on track. He is always looking at ways he can better himself and keep healthy mentally and physically, and he encourages me to do the same. He would exercise with me and, if I had a tough day at work and didn't want to exercise, he wouldn't take

(H) WHAT I DID

MONDAY: Two 15-minute HIIT workouts

TUESDAY: Three 15-minute HIIT workouts

WEDNESDAY: 15-minute HIIT workout and volleyball

THURSDAY: Three 15-minute HIIT workouts

FRIDAY: Two 15-minute HIIT workouts

SATURDAY AND SUNDAY: Active rest days

(F) WHAT I ATE:

BREAKFAST: Two gluten-free Weetbix with half a banana and full-fat milk

MORNING SNACK: Coffee with full-fat milk

LUNCH: Chicken breast, rice or quinoa and salad

AFTERNOON SNACK: Protein smoothie

DINNER: Steak and vegetables or salad

no for an answer and would get me up and moving. Best of all, his compliments on how I looked and how fit I was getting was really motivating.

On food swaps:

As soon as people know you are doing something to improve your health, the opinions come in thick and fast, and sometimes they aren't very helpful. The amount of times I've been told to 'just eat in moderation'. I try to eat as many whole foods as possible and limit processed foods where I can. My attitude has changed to one where I look at foods and how they will make my body feel and how they will give me the energy I need to get through my day and to fuel my workouts. I've always disliked counting calories, so I'm in the process of learning how to listen to my body and what it wants and when.

On treat meals:

It can be hard to plan cheat meals, so I just try and be realistic about it and, when I do allow myself to have something a bit naughty, I make sure I eat healthy the rest of the time. I tried to make my treats as healthy as possible so I never felt like I was cheating.

Sometimes I would really indulge, but when I did I made sure I chose something I would really enjoy...like a creamy ice cream or a chocolate. I think by allowing yourself the treat, you feel much more content afterwards.

On measurements:

If I didn't have my measurements, I would have been really disappointed with my weight loss. I know scales aren't always the best measurement for weight loss but I had expected to lose much more weight than I did. But every month I measured myself and was so happy to see the changes. Seeing that loss of centimetres just cemented my thoughts that my clothes were fitting a bit looser. It's nice to have that as proof of your efforts.

On goals:

It's amazing how quickly your body adapts. One week I would struggle to do tricep push-ups and would be on my knees, the next week I would be doing a few on my toes and the week after even more than that. It is so motivating to experience that and to know that, even though you might not be seeing results on the scales, your body is changing in a positive way. I didn't lose too many kilograms during the course of the challenge but I consistently lost centimetres and had to go down a dress size. I'm concentrating on HIIT and strength training, and looking to lose another five kilograms and really tone up. ■

CHANGE YOUR LIFE FOREVER

ENTER THE BODYBLITZ 12 WEEK CHALLENGE

THE 2015 GRAND CHAMPIONS will win a photoshoot and story with *Women's Health and Fitness* magazine, plus much more!

**CURRENT BODYBLITZ
GRAND CHAMPION**
NATALIE WRIGHT



To register for the
BODYBLITZ CHALLENGE,
womenshealthandfitness.com.au/bodyblitz

womenshealthandfitness.com.au/bodyblitz

Full terms and conditions are available at
womenshealthandfitness.com.au/bodyblitz
See www.blitzpublications.com.au/privacy-policy for
location of our privacy policy.

SO FRESH

Tetley 100% Steamed Green Tea tastes a little different to other green teas. Instead of roasting, the tea leaves are delicately steamed, making for a bright, fresh and healthy taste. The pyramid shape of the tea bag means the delicate leaves have plenty of room to swirl and steep, and the light brew gives extra oomph to flavours like lemon and ginger, for those to take their tea with added zing. Available in natural, ginger or lemon flavours from supermarkets nationally.

RRP \$3.29 for 18 infuser carton, www.tetley.com.au

**BUTTER UP**

Say no to scaly legs and chapped elbows! Keep your skin in prime condition with Now Solutions 100% Natural Shea Butter. Shea butter is a wonderful emollient derived from the tree nuts native to Africa. Its rich, luxurious texture soothes skin, and natural oils penetrate deeply to nourish, condition and moisturise every type of skin. Perfect for daily use.

RRP \$19.45,
www.tbdiimports.com.au

LOWER CHOLESTEROL NATURALLY

Blooms Cholesterol Balance Beta-Glucan Powder has been scientifically shown to reduce blood cholesterol. It is sourced from Scandinavia and has 700% more beta-glucan than plain oats. It contains no sweeteners, binders or fillers and has no colours, sweeteners, flavours or preservatives.

Available in 200g and 400g powder tubs. Contact Blooms Health Products on 1800 181 323 or visit www.bloomshealth.com.au

**BODY-LOVING TIGHTS**

Get your mittens on these flattering fluoro tights from Neyku. Their range of activewear is all about body-loving cuts, bold colours and awesome prints, but they're also practical and comfortable to train in. Made with superior moisture-management fabric, you'll look and feel amazing while working up a sweat. Inspire yourself to be the healthiest and happiest you can be with Neyku activewear.

\$120 (free shipping Australia wide), www.neyku.com

**ROSY CHEEKED**

If the winter chill left you with chapped cheeks, bypass the mediocre moisturiser and nourish your skin with Kosmea's Certified Organic Rose Hip Oil. It's easily absorbed and packed with essential fatty acids, vitamins and antioxidants, and it takes just a few drops each day to bring out vibrant complexion. Use it to moisturise and soothe, reduce the appearance of scars and wrinkles and to reduce the appearance of blemishes. Free from harmful chemicals, colourants, fragrances, mineral oils and animal products – Kosmea Certified Organic Rose Hip oil is simply 'skincare as nature intended™'.

RRP \$24.95 for 20ml, www.kosmea.com.au

**SLIM SANS SUGAR**

Cutting your caloric intake? You'll need to be mindful of two things: 1) combating cravings and 2) ensuring your body still gets the balance of micronutrients it needs. The Slim and Tone Plan from Amazonia has got both bases covered with their Slim and Tone sprouted and bio-fermented protein and Raw sugar crave release. Raw Slim & Tone helps keep you full and nourished for longer, while the sugar crave release, with its specific traditional anti-parasitic herbs, crushes cravings and targets excessive bad digestive bacteria. The Raw result will speak for itself.

RRP \$44.95 for 500g Slim and Tone;
RRP \$34.95 for Raw Sugar Crave Release. Check out the plan at www.amazonia.com.au/promotions/slim-and-tone-plan

SUCH A TEA-SE!

Finding it hard to resist the bikkies at afternoon tea time? Swap your traditional tea for a herbal blend that will help you stick to your diet goals. A cup of Planet Organic's Dieters herbal tea – made with certified organic dandelion leaf, fennel and celery leaf – will help you resist temptation and help keep the craving at bay. It can also be enjoyed in the morning to help kick start your metabolism.

RRP \$5.95 for 25 tea bags,
www.planetorganic.com.au





TOTALLY SHR-EDIBLE

Shred Max Pro Bars are a great-tasting, high-protein, low-carb source with added green tea and carnitine to support metabolism and boost your calorie burn. They can be used as a snack to support body performance goals – like shredding for the wedding, for a comp or smashing your PB – or after training sessions for muscle recovery. Shred Max Pro Bars can be found in cookies and cream and chocolate flavour from Chemist Warehouse, My Chemist or Discount Vitamin Warehouse.

RRP \$2.99, www.chemistwarehouse.com.au

BOOST YOUR WORKOUT!

Blooms Acetyl L-Carnitine helps fat metabolism and can increase muscle energy output during exercise. As a bonus it supports mood maintenance in normal healthy individuals! Comes in easy-swallow convenient vegetarian capsules 60s or bulk 180s pack size.

Contact Blooms Health Products on 1800 181 323 or visit

www.bloomshealth.com.au
CHC70454-02/15

Always read the label, use only as directed.



WORK IT OUT

Who knew sitting on your bum could be so dangerous: sedentary careers have been linked to cardiovascular disease, obesity and decreased wellbeing. Yikes! Make your workday healthier with the WorkFit-T, a sit-stand desktop workspace from Ergotron.

Ditch the Swiss ball and the desk treadmill and enjoy the health and productivity benefits of working standing up. The WorkFit-T quickly converts your existing desk into a healthy sit-stand workspace, even on small desktops, and makes it easy to move your displays, keyboard and especially your body into the perfect sitting or standing position throughout the day. Take care of your health and wellbeing – view the whole collection of ergonomic desks at workfit.ergotron.com



TURN YOUR HOME INTO A GYM

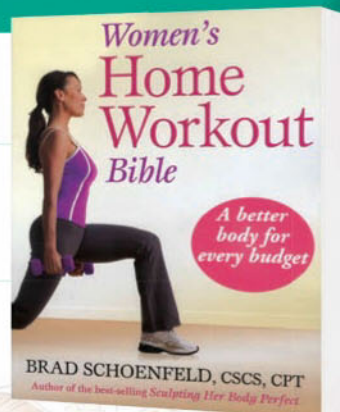
with the *Women's Home Workout Bible*

Learn how to set up your personal gym for as little as \$100

Make sense of home-based workouts

Set up and organise your training for noticeable results

Make the most of your home gym



Call (03) 9574 8460 to order or visit subscribeandshop.com

HOW TO BE...

Renee Kounis

A lifelong love of the humble bikini led personal trainer Renee Kounis to create Neyku swimwear in 2013. She talks to us about balancing a career with health, wellbeing and passion.

As a kid, I spent every summer down the beach. Naturally I had a bikini obsession and like a lot of girls, just loved finding the perfect swimsuit. It's funny, but for years I would have reoccurring dreams where all these fabulous new swimmers would be hanging in my wardrobe. I would see all these new beautiful designs, only to wake up in the morning devastated that they were not hanging up in my wardrobe!

Neyku swimwear and activewear is not only about flaunting flattering cuts, bold colours and exclusive, captivating prints, we are also about inspiring you to be the healthiest and happiest you can be. This message is woven throughout the whole brand, from our clothes to our web and social media presence.

Personally, I love colour and standout pieces, but I also value simplicity and comfort. I look for quality garments that fit perfectly and look good to the eye. I am minimalistic and therefore prefer quality over quantity, so my goal every season is to purchase a handful of quality pieces that I love wearing.

The fashion industry is great because developing a range starts with just a pen to paper. After months and months of creativity, sampling, perfecting textile prints and developing and testing the fit, you finally receive the final garments, and I love that moment of seeing the end product – all those late nights of perfecting everything are just a memory! It's also great seeing and meeting the women who love wearing your brand.

I worked in the fitness industry for the last 15 years.

Having worn a lot of activewear over the years, I decided there was a lot of room for more original pieces, which is why I'll be launching Neyku activewear this year. It just seemed to be such a natural progression for me. Neyku provides activewear that is practical as well as comfortable to train in, but also makes you feel and look great and keeps you inspired.

I believe that attitude is everything, especially when it comes to work and having fun! If you don't love your job, it is time for change – either change in your attitude or change of jobs! Only you know the answer to that one.

Your career may not be exactly what you imagine, or what you want long term, but right now it is what it is, so you may as well enjoy it. Change your focus, learn to be grateful for all that it is and only think about the good things it brings to your life. We live in such a great time where there are endless opportunities at our fingertips – if you want more from your work life, you have to be open to change, dream a little bigger and step out of your comfort zone to keep fighting for what you want!

My health and wellbeing is my number-one priority! I struggled with chronic pain, depression and adrenal fatigue for most of my twenties. But I'm not one to give up and I made it a priority to learn as much as I could about health and wellbeing so I could get better!

I exercise five or six days a week. Our bodies love to move! I do a combination of my own weight and cardio sessions most days but also love to mix

it up with a good yoga or dance session. I also eat a balanced diet full of nutritious, wholesome food to fuel, rebuild and detox my body. I also really listen to my body, sleep around eight hours every night and drink a lot of filtered water.

I look after my mind and spirit too. We can choose our thoughts and beliefs and it is these that really shape the life we live. I now really focus on choosing thoughts that work for me and I look for the best in every situation. I find this really helps me to stay relaxed and in the moment.

My beauty routine is very simple and quite minimal. I use a variety of 100 per cent natural products for my hair and skin. I love a good natural mascara and lip balm and I am obsessed with using organic coconut oil as a body moisturiser. But I can't leave the house without mascara!

The best advice I've ever received came from my dad. He said, "Be kind, be honest and respect everyone; treat everyone equally and help whomever you can." I also love and live by: "You are responsible for your life – no matter what has happened in the past, right now in this moment, you have the power to change your thoughts, attitude and the direction you are going."

I relax by hitting up one of the great cafés around Bondi and Coogee, where I can grab a cappuccino and catch up with a good friend. Otherwise it's poolside, somewhere tropical where they serve Toblerone cocktails...my ultimate indulgence is a really good Toblerone cocktail. ■



“If you want more from your work life, you have to be open to change, dream a little bigger and step out of your comfort zone to keep fighting for what you want!”



Neyku

SWIMWEAR
ACTIVEWEAR
AUSTRALIA

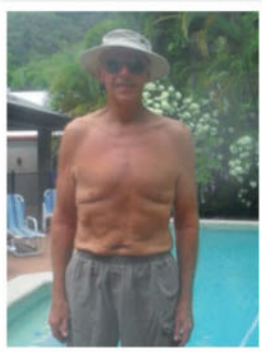
Flush The Fat

It's WaWa time! Flush the Fat easily and simply.

Don lost 22kg in less than 4 months



Before



After



Annabella

Lost 13kg in 2 months

... I am grossly overweight. In two months I have lost 13kg and went from a size 24 to a 20... I am simply delighted with the outcome...

Can you walk for two and a half minutes? If the answer is yes, then WaWa is for you!

- No extreme diets
- No extreme exercise
- Easy for anyone at any age
- Do it at home or at work

Buy now! Use the WaWa program and lose those excess kilos!

Use it and lose it!

**NEW
STARTER PACK
\$169.95**
+p&h



WWW.EKOHEALTH.COM.AU | PH 1300 887 994

**2 MONTH PROGRAM
START NOW**